

LAMBDA

Laurentian University's Bilingual Student Newspaper

Le journal étudiant bilingue de l'Université Laurentienne

Volume 38 - Issue 4 / Numéro 4

PURPLE HAZE
RUNNING
THROUGH MY
MIND!

lambdapub@hotmail.com



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Rundown
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BATHING WITH BUDDIES SINCE 1961

Sign, Sign, Everywhere A Sign

By Ryan Gibbs
Staff Writer

On a routine drive along University Road, one encounters many new features both on the road and along the roadside. The number of these new marks leads one to suspect that there was a serious accident that occurred at the University to cause the new cautions on the road. In fact, there was an accident last year at Laurentian, which may have been responsible.

Many speed bumps have grown up on the road over the summer, especially on Voyageur Road. The purpose of these bumps is the reduction of the speed of traffic on campus. Signs along the road warn motorists of the approach of these obstructions.

To reinforce caution while driving on the main road, bolder speed limit signs are posted. There is one at the sharp turn by the library, emphasizing twenty-five kilometers an hour speed limit in the area. The sign's match is located just outside the main entrance of the University.

Another significant change in the landscape at Laurentian is the addition of lanes, outside the classroom building, reserved for buses. These lanes ease the flow of traffic by enabling motorists to pass buses when the numerous students board them at the stop.

To make room for the "buses



Laurentian's New Four Way Stop Corner. But Do They Really Stop?

only" lane, one side of the road had to be expanded. On the other side, parking meters along parking lot four had to be removed. Yet, the sign that reminds students to obey their parking meter remains. This sign is redundant as the meters have disappeared.

Yet another addition to the roadside intended to manage motorists is the new four-way stop at the main entrance of the University. Crosswalks are also located at the

site, assisting students who wish to cross the busy street. The presence of stop signs offers protection to students as they cross.

But a peculiar behaviour is displayed by motorists who approach the signs. Automatically, they reduce their speed, but a complete stop is irregular. Instead, motorists follow through with their turns and only stop if a pedestrian prevents them from meeting their objective.

On one afternoon, an esti-

mated fifteen cars were watched as they approached the intersection. None of the vehicles obeyed the sign's order to stop. In fact, one motorist did not even make the effort to reduce his speed. Vehicles that ignored the sign included cars, vans, and buses.

It is not enough for the pedestrian to indicate an intention to cross. Unless he/she is in a location that prevents a vehicle from navigating around him/her, then the motorists will make the turn without regard to

pedestrians. In the event that a vehicle is intending to go straight, without turning, it is all the more easy for the driver to ignore the stop sign and make one continuous maneuver through it.

As students seem to be the only things that effectively stop traffic in this area, the crosswalk can hardly be considered controlled. It is only controlled by pedestrians who challenge the right-of-way of drivers. The stop signs themselves often stand like lampposts as they are violated by motorists.

Unlike the speed limit signs, which are supported by speed bumps, the stop signs have little means of enforcing their objective. They rely solely on the benevolence of the driver. In order to assist stop signs, drivers must respect the stop signs.

Perhaps the best resource the stop signs have to command authority is the fact that motorists who chose to disobey them may be penalized if caught. The penalty for failing to obey a stop sign is a fine and the loss of three demerit points. Drivers should consider these consequences whenever they approach the four-way stop.

In a tradition of improving the safety of the University roads, traffic signs can prevent collisions. They have been erected for this reason and must be obeyed for this reason.

New CD-ROM Promotes Ojibwe

Ryan Gibbs
Staff Writer

On Monday, September 27, 1999, the University of Sudbury's Department of Native Studies and the Wabnode Institute of Cambrian College celebrated the launch of a new CD-ROM designed to promote the Ojibwe language. The CD is en-

titled *Foundations of Nishnaabemwin: Stepping Stones to Conversational Fluency in Ojibwe.*

At the reception, Professor Mary Ann Corbiere, from the Native Studies Department, elaborated on the complexity of the task she and others had to undertake. Unlike European languages, there are few work-

books and dictionaries from which to derive grammatical principles of Ojibwe. Irregularities in the language often resulted in "opening a Pandora's box" Professor Corbiere remarked.

The limited resources available to those interested in studying the language is the reason this CD-ROM is considered a significant milestone. Professor Corbiere referred to the creation of the CD-ROM as a testimony to the "power of dreams".

Among the "dreamers" who contributed to the success of the project were Professor Corbiere of the University of Sudbury and Martina Osawamick of the Wabnode Institute, who wrote the program. While Alice Dickson served as instructional designer and Joanne Philipow and Leo Duquette contributed to the technical production and programming of the CD-ROM.

At the reception, a demonstration of the computer software was given by its designers. The program started with a welcome song and its icons depicted native art. Sections of the CD-ROM were dedicated to the history and geography of the original speakers of the Ojibwe language. But the primary focus was placed on the lessons offered by the program.

The thirteen lessons offered place a greater emphasis on conversational language, over academics. The Inter-active approach of the CD-ROM relies heavily on audio exercises. The lessons are designed to assist in comprehension, pronunciation and composition of the Ojibwe

Foundations of Nishnaabemowin



language. A lexicon and workbook accompany the program to reinforce the lessons learned.

It also includes sample dialogues and exercises that allow the user to cover up the English translation of Ojibwe phrases. At the opening, attention was also drawn to the volume control and repetition features of the program, which can easily accustom one's ear to the new language.

The reception also marked the official opening of the Ojibwe Language Lab at the University of Sudbury. Like the CD-ROM, the language lab encourages interaction with

the user. It features language videos, language games, and conversational drills.

The value of the instrument is its ability to increase the communication skills. As well, it will serve as tool for both the preservation and the promotion of the Ojibwe language. It is directed to adults who have little knowledge of the language, but express an interest in acquiring linguistic skills. The CD-ROM will be available at University of Sudbury Department of Native Studies and Wabnode Institute at Cambrian College for \$59.95.

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Tim Horton's Faux Pas

By Ryan Gibbs
Staff Writer

On the cover of last week's Lambda, a skeleton was depicted holding a Tim Horton's cup. The cover story appeared in Fanco-Lambda, leaving anglophones to puzzle about the story. In an article entitled "Rimgate", Franco-Lambda reporter, Gerald Woodard, reported the error Tim Horton's kiosks at Laurentian had made.

In the first few weeks of school, Tim Horton's booths in the university were distributing roll-up-the-rim-to-win cups. The cups had expired last May. Gerald contacted the head office in Toronto and was assured that the practice was not common to the coffee shop. A spokesperson also claimed that pre-dated cups would still be honoured by Tim Horton's.



After his investigation, Gerald followed up his story by paying another visit to the Tim Horton's kiosks at Laurentian and was pleased to see that the misleading cups had been replaced. The skeleton served to articulate the fact that the cups were "pre-deceased".

PURPLE PEOPLE EVERYWHERE!!!

By Mat Thompson
Editor-In-Chief

On Thursday, September 23rd Laurentian's Engineering Society upheld a long running tradition in 'purpling' their frosh.

Over fifty new frosh, hoping to enter into the Engineering Society, were stripped down, put in diapers and dipped fully into a vat of purple body paint. Every single frosh came out of the event looking like Grimace of McDonald's fame.

Even the female frosh were dipped, they just weren't paraded around in diapers like the men. Even though it has already been a week since the event, you can still spot the engineering students as they are the ones with purple hair, ears and a very strange craving for McDonald's hamburgers.



A Female Engineering Frosh Takes Joy in Her New Make-Up.



All The Purple Frosh Lined Up Nice and Sticky

News Briefs

by Ryan Gibbs
Staff Writer

Internship in the Dominican Republic

The foundation for Disease Prevention & Children's Dental Health - Smiles Foundation, located at the Dominican Republic, has been awarded an intern for a six-month internship with the Canadian Society for International Health, who operates the International Health Youth Internships Program (YIP). Expenses (travel, in country living expenses) are paid by the CSIH via a grant from CIDA.

Candidates should be recent graduates willing to come and live in the Dominican Republic for six months and should have working knowledge of the Spanish language as well as interpersonal and computer skills.

CSIH has a website at <http://www.csih.org/yintern.html> for more information.

Studying the Contributions of Finns in the Sudbury Area

On Sunday, September 26, 1999, Dr. Oiva Saarinen, Geography professor at Laurentian University, launched his book entitled *Between a Rock and a Hard Place: A Historical Geography of the Finns in the Sudbury Area*.

In this penetrating study of the cultural geography of the Finns in the Sudbury region, Dr. Saarinen describes the settlement of Finnish immigrants in the Sudbury basin and their capacity to adapt to the physical reality of the area: rugged hills, mines, farms, and forests set in the Precambrian Shield. *Between a Rock and a Hard Place* looks at the new reality that these settlers had to contend with, as well as the problems and stresses of dealing with a new culture, while facing harsh conditions.

Since 1883, Finnish immigrants in Sudbury have never flagged in their unwavering fight for workers rights and the union movement. As agricultural settlers, labour reformers, builders of churches, halls, saunas, and athletic fields, Finns left an undeniable imprint on Sudbury's physical human and landscape.

Participation Projects Tea

The clients of Participation Projects, a resource centre for adults with physical disabilities, will be holding a fall tea at 765 Brennan Road on Sunday, October 3 from 1:00 - 4:00. A penny table, a bake table, crafts galore, as well as a display of hand-crafted quilts will be available for all. The draw for a beautiful "hayes corner" design quilt will also be held. Join us for what is sure to be an enjoyable afternoon.

Women in Mining Conference

On Saturday, October 2, Laurentian University will celebrate Women's History Day by boasting the province-wide conference of the Ontario Women's History Network. This year's conference is entitled "Women of Steel: Mining Our History." All activities will be held from 9:00 am to 4:00 pm, in the Theatre Annex of Thorneloe University. General admission for the conference is \$25 for adults and \$10 for seniors, students, and unemployed. Registration fee includes lunch and refreshments.

Water Leak at University

On Friday, September 25, visitors to the Parker Building met a cascade of water as they ascended the main stairwell. The mess was hurriedly swept up by staff as the water continued to pour. Administrators on the upper levels of the building were forced to retreat to lower floors as a fire alarm sounded.

By Monday, the situation had been assessed. A water valve on the fourth floor burst unexpectedly. Damage to the Parker Building was estimated at two thousand dollars. The incident was dismissed as a systematic failure, which could not be foreseen or prevented.

Clubs Day a Huge Success

Last week, Laurentian University once again held its annual Clubs Day. On this day, many different clubs and associations set up tables to let the new students know about what they are doing and recruiting new members at the same time.

There were many standard clubs like Lambda, The Karate Club and the Law and Justice Society (who's pens didn't work), but there were also new clubs like the newly formed Laurentian Cartoon Club.

If you missed Clubs Day but are still interested in maybe joining a group, contact your student association for a list of clubs and where to find them. Maybe the Law and Justice Society will have some helium left over!

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Lambda circulates 3,300 copies
throughout the city of Sudbury and
the Laurentian University Campus.
We thank the following for
permitting us to circulate our paper
at their establishments:

Vesta Pasta Cafe, Black Cat, The
Towne House, East Side Marios, This
Ain't The Only Café, Ralph's, Sub-
way (Lasalle), Don Cherry's, Dou-
glas Video & Variety, The Elm Tree
& The Cooke House.

Write to us but remember...

All submissions become
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Publications and will thus
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Letters submitted must
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and telephone number.
Names will be withheld
upon request. Letters
must not be longer than
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for content considered
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heterosexist
or for length.

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Editor's Corner...

And The Battle Goes On...

by Mat Thompson
Editor-In-Chief

Right at the beginning of
this editorial I am stating that I am
an SGA member of four years now,
but my membership in no way re-
flects what I am writing this week.
Lambda, as an autonomous news-
paper of Laurentian University has
always tried to stay out of the way
of the pissing war that has been
going on between the SGA and
their rival AEF. Sure, they work
together to bring services and help
to the students, but if you look
closely, there is some serious ten-
sion there.

Lately, as you will see on
other pages of this newspaper and
on the front page of L'Original
Déchaîné, the two student unions
are back on the battlefield. I like to
stay as far away as possible from
the politics between them, but for
some reason Lambda is being
dragged into this fight. In a story
printed by Kris Kardiak, the writer
claims that the SGA had to use free
CDs to lure members to their side.
Now if this person was an actual

journalist and had examined his
source (including the cover of the CD
in question) they would have noticed
that no where on the front CD cover
does the SGA logo appear. The only
logos that appear are those of CKLU
and Lambda. So how does a journal-
ist come to the conclusion that the
SGA was using these CDs to lure
students?

Actually, both CKLU and
Lambda have given a tremendous
amount of advertising space to Uni-
versal Music in return for the CDs for
the Frosh and Welcome Back Kits.
The SGA were the ones who brought
the idea to us, but it was, in the end,
our decision whether or not to have
the CDs made available for the stu-
dents. Faceplant is a CD distributed
by the SGA, but brought to you by
Lambda and CKLU.

Now, I was helping some
Frosh on registration day and I will
admit there were some games going
on. But how could there not be? These
two student unions are jockeying for
position to get as many students to
sign up for their side as possible. The
SGA vs. AEF is like a chess game; no
one really pays too much attention

unless they are right in the middle of
it. I will be the first to say that I have
seen some pretty stupid moves from
both sides of the board, but in the end
we all have to remember that these
two student unions are doing all of
this in the best interest of the students
they represent.

The SGA may seem like the
big bullies in this fight but they have
been around for a lot longer than the
AEF. The AEF are still trying to
establish themselves as the
Francophone association on campus
without losing members to the bilin-
gual SGA. As an SGA member, I
stand behind the SGA, but as the
Editor-In-Chief of Lambda, I sup-
port both groups as Lambda is a 'stu-
dent' newspaper and not one run by a
certain association. This may seem
weird since most of you know that
\$10 of your SGA fees goes to Lambda,
but that does not mean that we are run
by them. The levy that Lambda re-
ceives is collected by the SGA and in
no way gives the SGA any power
over us. Lambda is one of the few
remaining autonomous student news-
papers in Ontario, which basically
means we can print anything we want,

good or bad about the SGA and
they cannot come up to our office
and tell us what to do. SGA presi-
dents in the past have tried, and
other school newspapers have been
shut down by their SGA for going
against their policy, but that cannot
happen here.

Sure, in this issue there are
rebuttals by the SGA towards what
was printed in the AEF run
L'Original Déchaîné, but as you
will see, these are treated as any
other student rebuttal. Rebuttals to
any letters, articles or issues will
be, and always will be placed in the
editorial and opinion sections.
Lambda will not treat this issue as
a news story since there are many
more important and interesting is-
sues out there than who was al-
lowed at the top of the stairs and
who made who cry like a baby.
You have all picked your associa-
tion by now, and you probably did
it well before either group made
their frosh kits or started their full
out assault to get members. All I
hope is that those of you who re-
ceived your LAMBDA/CKLU
Faceplant CD this year enjoyed it.

SPACE FOR RANT... Letters to the Editor

Dear Lambda

In the past few weeks I have seen many students come into the SGA
office and be helped by the lovely office co-ordinator Lorie Graham. I do not
think that people realize how many students with which Lorie has to deal with
in the first few weeks of school, something she always manages to do with
a great deal of patience and a smile. I would just like to say 'Thank You' to
Lorie, and if you happen to be by the SGA office this week, stop in to say
thanks and HAPPY BIRTHDAY!!

Name withheld by request

Dear Editor

We are writing this letter as a response to the letter regarding the
Canadian Federation of Students, published in last week's Lambda (Vol. 38,
Issue 3). In the letter, Mr. Collins raised concerns about the CFS and our
membership in it. We would like to make the following points which will
hopefully clarify things for him and others.

The reason that members of the SGA (and the AEF) are members of
the CFS is that a referendum was held. At the referendum, students
overwhelmingly voted to become members of the CFS. During the referen-
dum, the fees that would be paid were clearly set out in the question and every
effort was made to ensure that all students were aware.

With respects to accountability, the SGA sends delegates to the
biannual meeting of the CFS. The plenary at these meetings is the highest
decision making body of the organization and SGA delegate(s) are encour-
aged to get on committees and help form the budget of the organization as
well as set forth the priorities and campaigns and more generally the
direction of the organization. To get as much input as possible, it is common
practice for SGA delegates to encourage SGA board members to provide
input on items to be considered at upcoming meetings. Since the SGA board
represents students from all facets of the university, it is hoped that delegates
can receive feedback regarding motions by all types of students.

We would like to next address the issue of what the author of the letter
describes as the "political agenda" of the CFS. The CFS has existed to
promote a 'student agenda'. Opposition to tuition fee increases, promotion
of a national grant system, opposition to ICRP's as well as other student
issues have been at the heart of their lobbying efforts. This agenda is the one
developed by student union representatives from across the country and has
changed as the priorities of students has changed. The one thing that has
remained the same is the fact that the 'political agenda' of the CFS is the
promotion of student issues.

Finally we would like to respond to the value of paying \$11 to the
CFS. While we believe that it is well worth it to pay this amount, we would
also like to point out other benefits to CFS membership. Being a CFS
member entitles a student to receive a free International Student Identifica-
tion Card. As well, the CFS owns and operates Travel Cuts and the CFS
publishes a student saver discount card for each member local (in your
agenda book).

To sum up, our membership in the CFS is a direct result of the wishes
of students before you. It acts in student interests and provides many non-
lobbying functions and benefits to all members. If anyone, including the
author of the letter in question has any further comment, questions or
concerns regarding the CFS, or the SGA, please feel free to come into our
office and we will be more than happy to listen and address your concerns.

Your SGA Executive

**Lambda still
needs staff!**
**If you are interested in
writing, check out the
open positions to the
left of this and show us
your stuff!**



Volume 38 -
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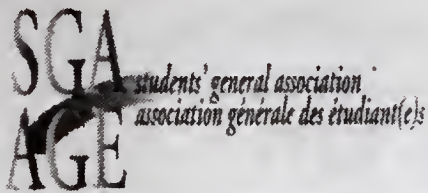
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Lambda

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Notes From the SGA

The following comments are in response to the unfounded criticism of the SGA and Orientation Week featured on the front page of L'Original Déchaîné this past week. We realize that not all of Lambda's readers follow this newspaper, however a response is certainly warranted.

Jamie Wylie
SGA President

Prior to Registration Day, the SGA and AEF made an agreement that Renée and myself would be the only two people to sit at the table outside the science cafeteria on registration day. Further to this, we agreed there would be no Frosh Kits, no association banners, and no give-aways of any kind. This was decided not only to make things easier for us, but more importantly not to further confuse students on this already difficult day. When I arrived at the table, the AEF had set up two association banners, a Coke cooler, AEF Frosh Kits to be handed out, and in addition to Renée, 5 other council members were stationed there. As per our agreement, the SGA had set up downstairs in the lobby, where at that point the students would have already had to select their student association. I admit at this time I did react rather harshly, and I may have even used a few curse words, however the fact remains that the AEF had broken a trust, and more so, that of a verbal agreement. And now someone from their association has the audacity to publicly criticize us for reacting the way we did, when the AEF totally tried to screw the SGA.

We had made a clear agreement not to promote our organizations at this table, and the fact that the AEF had gone ahead and done so seemed as a direct attempt to damage all the progress which has been made over the past two years. This has left the SGA office with a sense of distrust towards the AEF. We have made a genuine effort to work together and I have an extremely difficult time seeing how we will be able to do this in the future.

Two more comments. The next time you (Kris Kardiak) wish to attack myself or the SGA publicly do two things, talk to us first so you can get your facts straight. Also, have the courage to use your real name. Finally, could someone please explain that cartoon to me (front cover of L'Original Déchaîné) because apparently I don't understand it.

Mark Solomon
VP Services

I would like to focus this response to the aforementioned article, not specifically on registration day, but the whole of Frosh Week. There are three days in which SGA members should be extremely proud of themselves. On Monday, September 6th, over 500 first year students participated in the SGA's Activity Day. That means over 500 first year students were introduced and acquainted to the campus on their first day at Laurentian. First year students were lead to various events held around the campus and fed for FREE, unlike the AEF's BBQ where students were charged for their meal.

Secondly, the SGA along with the Residence Office organized a fundraiser for the student food bank here on campus. Our charity casino raised over one thousand dollars. Thirdly, the SGA and Varsity Athletics got over 500 students to come out and cheer on the Soccer Vees.

I would like AEF members to look at these events and wonder what their association did for charity and school spirit that week. Now this may come as a rant but in the article the SGA was accused of playing childish games. Well, those childish games raised over one thousand dollars for a student charity, oriented over 500 first year students to the campus, and brought out over 500 students to the home opener for the Soccer Vees.

Finally, I would like to comment on the current "services situation" between the SGA and the AEF. It is one of great frustration to members of the SGA executive and staff that when we come up with a new and innovative service, it is soon after that the AEF will literally copy them! For example, the SGA started to offer 5-cent photocopying and soon after, so did the AEF. For years the SGA gave money into the athletic therapy clinic, and just this year the AEF is doing the same. I can't wait until the AEF tries to run a "Rename the Pub" contest.

by Todd Bosak
VP Issues

I would like to address specific parts of the allegations put forth in the article in question. The author of the article seemed to suggest that the AEF initiated the registration day truce that was agreed upon by the SGA and AEF. This in fact is not true. That fact is that the agreed upon terms that were to take the competitive nature out of registration day for the two associations were suggested by the SGA. We at the SGA were more than sick at the prospect of facing another registration day where the two associations were to be at each others throats. This is why we sought a truce.

Considering that we sought a truce to any childish one-upmanship, one could imagine our dismay when we saw that none of the terms were respected. That said, we were satisfied once all signs, Frosh kits and extra AEF staff were changed in accordance with the terms of the agreement. This turn of events makes the recent article in question particularly surprising and disturbing. I cannot fathom as to where the author got their information. I can only ask that if this mystery writer insists on writing again that they ask all parties involved and act like a real journalist would.

Tannys Laughren
Business Manager

In response to the petty comments in L'Original Déchaîné about our CD's, I would like to say that the CD's had nothing to do with recruiting students and everything to do with showcasing the only Bilingual paper on campus, and the only FM Radio station on campus. The CD was done in collaboration with Universal Music, at which one of our past executives works (Yeah, Christina!!), along with Lambda and CKLU. The CD project took a great deal of co-operation between all parties involved, and resulted in a great disc for our students to enjoy. SGA students are very fortunate to be a part of both of these entities, and our students will continue to be proud contributors to both the paper and the radio station.

Career Column Whither Careers?

by Paddy Blenkinsop
Counseling and Resource Centre

I see a lot of people in my office who tell me that they want to be sure that, whatever subject they take at university, they're going to get a job at the end of it. Security is a high priority for students and, not surprisingly, especially high for those returning to studies after a number of years in, or maybe out, of the work force. The problem is that today security is one thing that is not readily available in the workforce.

The person who first drew attention to this was an American, William Bridges, who in an excellent little book called "Jobshift" noted that the world of work was changing radically and with it the meaning of the word "career". He formulated it as follows: "there are no jobs; there is lots of work". Other writers have picked up and elaborated in Bridges' perception, and some, such as Jeremy Rifkin, have gone so far as to predict "The End of Work". Rifkin has proved very wrong.

Over the past fifty years or so, the word "job" came to mean a permanent position in an organization through which one progressed up the ladder of promotion until one reached the top or retirement, whichever came first. This was security; the system offered ever-increasing benefits, wages, and a pension at the end. Here was the definition of a career, and it is this career structure that is now being challenged and dismantled by the new market forces.

Today, the person entering the workworld, whether for the first time or at a later stage in life, is faced by a totally different situation. The old "permanent" jobs are scarce, very scarce. There are predictions that by the end of the year 2000 - and that's not far off - more than half the jobs in North America will be part time, short term, contract, etc., i.e. jobs that will not offer benefits and pensions, jobs that are not secure. Of recent graduates whom I know, few have found full-time jobs right away; most move from one short term job to another, sometimes related to their area of interest, sometimes not, a McJob. And these are not "losers"; they are good students, who have been active and involved at the university. The overall picture is one of insecurity, and the permanent, full-time job of the past is a goal to which one aspires.

How can we cope and succeed in this new and insecure world of work? What tactics can we use to find employment and pursue our career? Again, there is a clear consensus amongst career professionals. We need to decide where it is that we want to go, and then persuade somebody to pay for our ticket. I'm deliberately using the image of traveling, because that is the old (old French) meaning of the word "career". The ladder is no longer the appropriate metaphor; now the image is the journey. And journeys are not always straight and uncomplicated. We can get lost, take wrong paths and get distracted. What is most important is that we know where we want to go. The security of the traveler comes from the assurance that he/she knows where he/she is going, and knows too that he/she can survive.

That is why, today more than ever, it is important for us to take time to set our career direction, to work out where it is that we want to go. We cannot predict the future of jobs or of our own lives, but we can choose where we would like to go and set our sights on that goal.

Next week, some useful tools for setting your career goals.

OCTOBER CAREER TEST WORKSHOPS Room L338, Parker Bldg.

| | Tuesday 1 - 1:45pm | Wednesday 1:30 - 2:15pm |
|---------|-------------------------------|------------------------------|
| OCTOBER | 12 (English) 26 (Français) | 6 (Français) 20 (English) |

Have You Got the Time?

by John Wozniak
Columnist

Well, I finally made it back to Sudbury after a relatively relaxing summer at home. I was glad to be back for many reasons. I was also more than slightly amused to discover that our illustrious president, Dr. Jean Watters, in all his technological glory, still cannot seem to get the clocks in the bowling alley to work properly.

This is my third year here at Laurentian. Ever since I arrived at this school the clocks in the bowling alley have never had the proper time for any extended period (i.e. two days!!!). I have always wondered this.

When Dr. Watters, techno-advocate extraordinaire, arrived on the scene I thought this problem would be solved for two reasons: Dr. Watters had a reputation for implementing hi-tech into his schools and since he might actually be seen in the bowling alley, unlike previous stereotypical ivory tower presidents, he may actually be aware of the problem.

As you, faithful reader, and I are both painfully aware, I was incorrect. These clocks are still as useless as a sundial during a solar eclipse.

I am left to ponder the reason for this disappointing non development. It is either to be left to Nick Stewart to explain in his conspiratorial style or it is due to the fact Laurentian's honourable leader, in his quest to warp this school ahead in time to the future, does not realize if we do not know what time it actually is then we cannot possibly hope to warp it.

P.S. I do own a watch. It is just the principle of the thing.

This University Belongs to Students

Musings While Running out of Gas

by Todd Bosak
VP Student Issues

As I was driving back from Southern Ontario this weekend, I thought about what I would write my article about for this issue. I thought of many possibilities as I drove. As I approached Parry Sound, I became aware that I was almost out of gas. Normally I stop at the Esso or the Shell in town, but it was obvious that I was not going to make it quite that far. It seemed that my only option was to stop at a little place that I had never noticed before called, "Northstar Gas" (about 4 miles south of town). Once there, I learned that the station is owned by 2 tiny elderly people who appeared to be Italian. They provided me with great service (I was their only customer) and cheerfully invited me to have a good rest of my trip.

Why am I telling you this? Actually this experience got me to thinking about the political rhetoric that I push on people on a weekly basis in this column and on a daily basis as I speak to people.

In the student movement, we talk quite a bit about resisting corporate rule and fighting globalization.

These are topics that I spout off about a lot. I realize though that there are few concrete ways that we are giving as ways to oppose the corporate agenda in a real way.

As I am thinking about this, I had a realization. Maybe, just maybe, if we have a problem with corporations, if we hate the way that Shell, and other big oil companies act, perhaps the best thing that we can do is to go to places like the Northstar Gas bar instead of Shell. Perhaps a couple of elderly people who are scraping by to provide for themselves deserve our money more than Esso. The time for rhetoric has passed, let's start making a statement with our wallets. If you want to resist corporations, join me in finding small business alternatives to our big corporate friends. Next time you want to eat breakfast, go to Cookehouse. Next time you need a movie rental, look further than Blockbuster, and next time you need gas or smokes while traveling to the south, you guessed it, try the Northstar Gas Bar.

I promise to write about student issues next week, I just had to get this off my chest. So stay tuned for ACCESS 2000 excitement in this column and across campus.

Tonto Kicks the Shit Out of the Lone Ranger

Another History Lesson... Tonto Style!

by Tonto
Columnist

I would like to talk about something that happened around Sarnia, Ontario a while back. It took place near a little town called Ipperwash. Now, I hope by this time you all know what I'm going to talk about.

Around the time of WWII the government took, that's right TOOK, a piece of land from a reservation to build an army base. Now of all the land that the government has stolen, you think that they could use that, but NO, they need to steal more Indian Land. OK, so they build this base, and in typical Canadian fashion they cut the military budget, thus closing the base. I guess they didn't need to quell any more Indian uprisings like the one at Oka.

So, after a couple of years, this base is closed the Indians at Ipperwash wonder why they haven't gotten their land back? Much like Tonto wonders why all these white people don't give the land back that they don't use but back to the point at hand. Now these Indians start protesting on the abandoned base.

Now most people think that they just did this protest for one summer a couple of years back. Truthfully, this protest has been going on for years, however, the occupation of the base lasted two days. After a while, Mike Harris and his goons (the

OPP) decided to quell the Indian uprising. Yes, now we can all see what kind of a nuisance protesters can be on an ABANDONED base.

So after two days, that's right two days, the OPP entered the base with their guns blazing. Guess what happened... OPP Sergeant Kenneth Deane, got himself an Indian. Yes, Sergeant Ken shot an Indian protester who was protesting on an empty army base. I guess that would be a justifiable shooting, right?

So now the man shot, his name was Dudley George, he was shot not once, not twice, but three times. OK, so Dudley's brother drags Dudley out of the army base and to the hospital. Now when he gets there as a little thank you for trying to save your brother, he gets arrested and charged with the attempted murder of Dudley. Funny enough, the OPP Sergeant who shot Dudley was never charged with murder, I guess it's OK for an OPP officer to kill an Indian.

So why tell you this now? Well on September 4, 1995 was the time this shooting happened. So while you were all packing to come up to school four years previous a man was killed by YOUR government. Yes, YOUR government has Redman's blood on its hands. Yes we're not talking about something that happened years ago, we are talking about something that happened in recent history. Think about it!

by Bryson McCarthy
Columnist

It's a shitty old day in the neighborhood. A shitty old day for a neighbor. Won't you kill my, won't you kill my, won't you kill my neighbor. Hello boys and girls: It is I, your favorite baby-sitter Bryson. Today I am going to teach each and every one of you about a new invention called the potty. I know you are thinking that your parents already taught you about potty use over 18 years ago, but there seems to be a few of you out there who just don't have the hang of it.

The other day Bryson walked into a bathroom in the Parker building and to his surprise, someone had left him a present. Now this was no normal present boys and girls. This was a nice present of an unflushed toilet and piss on the seat. Bryson was so happy that he hunted and hunted for the nice boy who left him that present, then gave him one in return... a foot up the ass!

Opinion

Screams in the Dark

Opinions From Laurentian's Campus

This is Lambda's new opinion column where you, the normal, everyday members of the Laurentian Campus get your say. Each week we will be posing a different question to students around campus, and if they have an opinion, and aren't too camera shy then they will make up Lambda's Screams in the Dark!

This Week's Question:

What Do You Think of Vegetarianism?



I suppose it's someone's choice to eat what they want. I grew up with both my father and sister as veggies so it's nothing new to me. Myself, I love to eat beef and other such animal products.

- Josh Armstrong

It is your preference. I also think it is a very healthy way of eating for there are a lot of animals that are injected with a lot of chemicals, but then again it's one's choice.

- Darlene Dupuis

I really don't have anything against it, but I could honestly say it's not for me!! So Bring on the clogged arteries and heart burns!

- Anonymous Pub Drinker

Being a vegetarian, in my opinion it makes me healthier & I find I have more energy. Some people think it's a form of dieting, but you can screw it up. I think any diet is good as long as you don't abuse or go in excess in a particular way. Most people tend to become carbohydrate addicts and being vegetarian has that risk.

- Anonymous Camera Shy Vegetarian

Okay, veggie boy. Why don't we all leave the cows to breed and take over the world! Meat is made to eat and I would not want to be left alone with a vegetarian just in case they have a lapse and try to take a chunk out of my arm! If God wanted us to be vegetarians, he would never have invented big sharp steak knives.

- Bryson McCarthy



McCarthy Street

Now I have never been able to understand this. How can a person who has made it all the way to university not know how to either aim for the open part of a toilet or flush a toilet? I don't want to see what The Great Hall food looks like after a few hours in some morons lower intestinal tract. The food from there looks bad enough when we buy it! So what is the deal with adults not flushing a toilet. I understand sometimes the big bad handle is heavier than you thought and maybe it didn't flush properly, but come on. Flush the toilet.

And those of you who love to piss all over the seat and leave it like that should be sent back to kindergarten where you can eat paste and See Jack Run. You are totally sick! What do you do for fun? Do you sit around your apartment hoping for someone to throw your dung at? My cat has never missed his litter box even once and he doesn't even have his OAC's yet.

I think instead of making the

new students take a WAC test they should instead take the CIPS (Can I Piss Straight) Test. If you cannot piss into a toilet without getting it on the seat, and you don't wipe it up if you do, then you are clubbed like a baby seal and sent to dumb-ass school (Cambrian College) until you learn. I know many of you are once again thinking that Bryson has gone off the deep end, but think back. How many times have you really had to drop a load and someone has either forgotten to flush the toilet, plugged the toilet or pissed on the seat? I don't know if women have this same problem, but I don't even want to picture what could be left in a toilet by them.

So come on boys and girls, the potty is your friend. No one on McCarthy Street likes a dirty little child, so instead of lowering yourself to the level of the primates, maybe you can use your common sense and decency and try a little harder next time. This week's McCarthy Street has been brought to you by number 1 & number 2.

This student is buying a car...



as well as earning \$1,000 towards the purchase of that car.

Not every decision will be as easy to make as getting The GM Card®. Especially when you can apply from your dorm. Upon approval, you'll get a free Frosh Two CD** and receive a \$1,000 bonus in GM Card Earnings† towards the purchase or lease of a new GM vehicle. There's also no annual fee. Then anytime you use your card, like to buy groceries for instance, you'll get 5% in GM Card Earnings††. Visit us at: nobrainer.gmcanada.com to apply on-line.



What's
your card
done for
you
lately?

®Registered Trade Mark of General Motors Corporation, TD Bank licensed user. *TD Bank and GM are licensed users of Marks. **Trade Mark of TD Bank. **All applicants applying in person for The GM Card at on-campus booths will receive a copy of the Frosh Two CD at no charge. Applicants applying via the Internet will receive a copy of the Frosh Two CD upon approval, at no charge. Limit one copy per applicant. †Applies to full-time students only. ††Subject to The GM Card Program Rules.

LU DE-CLASSIFIEDS

ARTICLES FOR SALE

SELL STUFF
HERE
It's FREE!!!

MESSAGE BOARD

DD - Where were you? 2:15, Chocolate sauce, jumper cables and bits & bites!
Missed Ya! Bryson

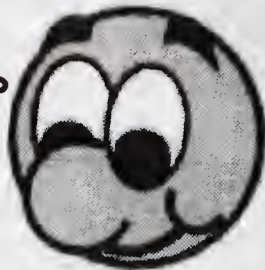
Last Saturday Night in the Pub. Brown Hair, White Top, Retro Pants. You were hot!
Meet me this Saturday same spot by the bar!

APARTMENTS FOR RENT

Clean, spacious 1 & 2 bedroom apt. Memorial Hospital area. Fridge, stove \$450 & \$600/mo. all inclusive, with parking. Students welcome. 674-1824. Available immediately.

House to Share. \$375/mo. All inclusive. Private room, parking, cable, laundry. Available Immediately.
Call 671-6007

What a Deal!!!



Get Your Free Classified Ad in Lambda!

All You have to do is fill out the card below, bring it to Lambda (SCE 301) along with your student card or drop this form into campus mail (marked 'LAMBDA') and we will run the ad, 25 words or less, for two or three weeks. Sell old books, furniture or any other junk you have, leave messages for your friends or ask for help in any field of study. It doesn't matter... It's your very own Classified section.

| | |
|-----------|------------------|
| AD: _____ | NAME: _____ |
| _____ | _____ |
| _____ | ID Number: _____ |
| _____ | _____ |

Lambda Publications Call For Marketing Director Position

Position Summary

This position involves sales, both telephone and in field, using the current marketing material or developing a new one. This also includes the design and layout of the advertisements placed. The person is also responsible for public relations/promotions and maintaining contractual rights and obligations with other business associates. Base salary plus commission (15 %).

Specific Duties

- The main duty of the Marketing Director is to sell spaces for advertising in Lambda using the current marketing material or developing a new one.
- Develop an advertising campaign.
- Develop a product strategy (what Lambda can offer its advertisers), a distribution strategy (increase distribution throughout the city of Sudbury), and a pricing strategy (line rate, insert rates, color charges, creative charges and others) in coordination with the Financial Director.
- Responsible for ensuring that all contracts are fulfilled.
- Deal with problem bills, accounts and advertisements.
- Promotions
- Telephoning music and movie companies to get promotional items
- Maintain liaison with local cinemas (movie passes)
- Maintain any other liaison regarding promotional items (i.e. Sudbury Wolves)
- Marketing (i.e. readership, usefulness and awareness of Lambda)
- Must learn all aspects of the Financial Director's position (invoicing, payroll, budgeting, and more).

Knowledge, Skills and Abilities

- Must be a member of the Laurentian University community who has taken three business courses or who has related experience. Recommended business courses include accounting, economics, finance, marketing and a relevant computer course. Related experience is defined by a working knowledge of computers, selling and marketing in the forms of advertising and distribution.
- This position requires at least 10 - 15 hours a week.
- Must have access to transportation.

Structure

The Marketing Director must hand in a written report of his/her marketing activities on a weekly basis to the executive committee (Editor-in-Chief, Financial Director and Assistant Editor).

Intramural Announcement

HALLOWE'EN GLOW BOWL

Sunday, October 17th from 1pm to 4pm at
Holiday Lanes

\$5 per person x teams of four = \$20 per team

You get 3 games, shoe rental
and FUN, FUN, FUN!

For more information or to sign up,
contact the Active Living Dept.
at 675-1151, ext. 1001/1002

Don't Forget to Dress Up.
There will be prizes for best costume!

Northern Vocational Services

If you are on a disability pension or have a disability & need help to prepare for, or obtain work, call N.V.S. Services such as training on the job, placement with an actual employer, etc..., are available for free.

Call 674-4141

Ontario Disability Support Program

Attention all ** qualified fourth year undergraduate and first, second and third year students. Application forms for Ontario Graduate Scholarships (OGS) and NSERC Postgraduate Scholarships are now available at the School of Graduate Studies and Research L-808A.

The deadlines for these scholarships are the following:

- 1) OGS - October 7, 1999
- 2) NSERC - October 21, 1999

** ONLY students who have maintained an overall average of at least A- (80%), or the equivalent, during each of their last two full years of study at the postsecondary level may apply (extract taken from the brochure 'Ontario Graduate Scholarship Program').

CLASSIFIEDS

TIME CONSTRAINTS?

Writer's block? Can't find
the words or the right
research materials you need? We can help!

WRITE:

Custom Essay Service,
4 Collier Street, Suite 201, Toronto, Ontario, M4W 1L7
Call: (416) 960-9042
Fax: (416) 960-0240
E-mail: custome@interlog.com

Wanted: Student living in Residence to represent clothing company from their dwelling. Simple tasks, few hours set around your schedule. Should be sociable/approachable.
email: contactcnm@cnmonline.com
or 1-888-400-5455

We don't want to see you naked! Don't get me wrong, the human body is beautiful and that's why we make clothes for it. Get it on with free embroidery for your Rez/ Floor/Team/Faculty etc...
www.rezwear.com,
email: contactcnm@cnmonline.com
or 1-888-400-5455

ARTS AND ENTERTAINMENT

ASK Tyramisu & Bob

by Tyramisu and Bob
Advice Columnists

Editor's Note: At the time of their deadline, Bob was not ready to fulfill his part of the column so Bryson McCarthy ever so graciously stepped in as a replacement.

Q. Ever since I moved in with my girlfriend, I noticed that she doesn't do much else with her time than chat online. There have been some incidences where she'd rather be typing away at the computer than being in bed with me. Frankly, her cyber-buddies are starting to get on my case. What should I do?
eFrustrated

Bryson: Your girlfriend is probably already getting that dreaded physical deformity called 'cyber-ass'! If all she wants to do is type away at a computer maybe you should get outside and live. You will be having fun while your girlfriend gets wider by the hour! Let her sit there and then in about one year you can call Richard Simmons to bring his crane over to lift her sizable girth out through a hole in the roof. Either that or ask her if she wants to play with your joystick.

Tyramisu: Although Bryson's so-called 'cyber-ass' is a very serious condition in today's society, I think there are more serious issues you need to consider here. Maybe your girlfriend's chatting is simply a cry for help. When was the last time you told her that she looks good? Or, maybe it's just a hint for you to go away. Either way, you have to talk to her about it. If you can't seem to get her attention, try going online yourself. If that's too much trouble, or you just can't handle the lack of attention LEAVE!

Q. You guys gotta help me. I still live with my parents and since I started university they've been on my back trying to tell me what to do. The last straw was when they heard about the scum-crawl I went on; they freaked and told me to be home immediately after my classes every day. I'm getting tired of being treated like a 13 year old kid. Can you make them see that they're wrong?
Grown-Up

Bryson: Do you actually go home right after class? And does your mother cut your meat for you between doing your laundry. You aren't very grown up if you actually have to turn to Pterodactyl and Bub to tell your parents you're grown up. I'm afraid to hear what Teletubbie tells you to do, but I say just keep referring to the Menendez Brothers all the time and your parents will back right off!

Tyramisu: First of all, I resent that Pterodactyl comment but I am willing to forgive the fact that Bryson is blaming everyone for his near prehistoric age. Grown-Up, there is an easy way out of your situation. If your parents disapprove of you going out to scum crawls, just bring the party home. Filling your house full of boozers and potheads will surely make your parents realise that your partying is better done outside of their house. Three options are possible here. 1- They loosen up and let you go out. 2- They start partying with you. 3- They kick you out of the house. However it turns out, you've got them off your back.

Scraping Roadkill Off The Information Superhighway

by Nick Stewart
Entertainment Editor

Death Row Online

<http://www.hatchoo.com/deathrow/index2.html>

Ever want to execute a hardened criminal, but just didn't have the patience to acquire the education to become an electric chair switch operator? This site takes care of that worry for you, placing the virtual life of a very real death row criminal in your virtual hands. Every time you visit the site, it lists a different death row criminal that you're responsible for, and the crime they committed that got them where they are. You then click on this switch, and it shows you this "live" video of a criminal strapped into an electric chair, bobbing his head about nervously. You then click on the switch a second time to give 'im the juice, and again you seen this "live" video of the criminal getting zapped, with the electricity running up and down his body. Click on the switch a final time and you get to see the criminal flopping over in the chair, spasming his final spasm. Okay, so the video is a fake and is the same every time you do it, but it doesn't make it any less fun. I dunno, there's just something about conducting a virtual execution to release those mildly psychotic tendencies.

Joey Green's Wacky Uses

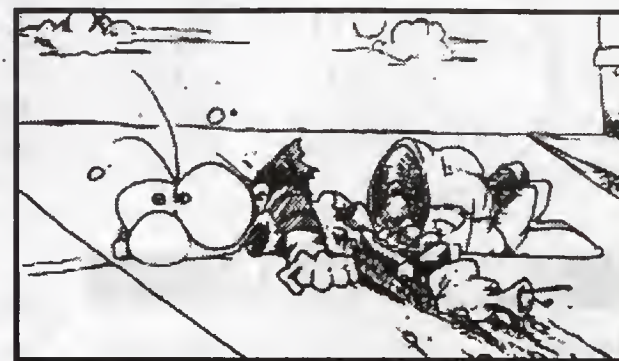
<http://www.wackyyuses.com/index.html>

Okay, so this Joey Green guy seems like a big geek, and the uses that he proposes aren't really all that wacky, but it's still a site that's halfway worth visiting. This Green person has compiled this huge-arse list of "different" uses for regular household things, like Coke, vodka, Thousand Islands Salad Dressing, mayonnaise, and peanut butter. For example, apparently you can use Lipton Tea Bags to highlight red or brown hair with gold, or to deodorize your feet. You can also use Colgate toothpaste to dry up pimples (cheaper 'n' Clearasil), use Bounce to repel mosquitos, use Alka Seltzer to deal with nicotine withdrawal, and supposedly even use honey to cure hangovers. Basically, this site is a How To Do Things Cheaper type of deal, so it's pretty handy for students. As an added bonus time waster, this site also lists completely useless facts about all sorts of household crud, including Spam. And hey, it's always important to know your enemy, so any information you can get on Spam is a positive.

Unofficial Yanni Fans Web Page

<http://yanni.specialweb.com/>

Before you read any further, I want you to know RIGHT now that I absolutely hate the long haired freak. I included this on the list just so you can laugh and ridicule it...and if you don't, then it is you that should be laughed at and ridiculed. Yanni is right up there in the Halls of Musical Shame and Mockery with John Tesh and Michael Bolton, and so of course any shrines and webpages dedicated to him are funny to me. I mean, what with the long hair and the confident, I Know You Want Me smile, he's basically the musical equivalent of Fabio. This page is interesting to read and analyze for its purely psychotic devotion to the Long Haired One. It's got frequently asked questions and pictures and yadda yadda yadda...the point is, it exists. Make fun of it as you will.



DOWNUNDER

by Mat Thompson



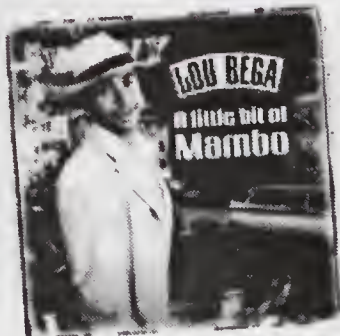
'Karaoke'
in The Pub
this Friday,
October 1st
@ 9:30pm.

The Pub will be closed on Friday,
October 8th @ 6pm due to
the Thanksgiving Holiday.
We will re-open on
Tuesday, October 12 @ 11:30am.

MUSIC FOR THE MASSES

REVIEWS BY MAT THOMPSON, MUSIC REVIEWER

DISC OF THE WEEK!!!



Lou Bega - A Little Bit of Mambo

Now this is what I like to hear. A musician who can take one or two popular styles, mix in something new and create a sound that you just can't get out of your head! The first time I heard Lou Bega at *The Grand Nightclub* I just had to know who it was singing the song.

A Little Bit of Mambo is the new release by virtual unknown Lou Bega who has turned the dance world upside down. With his mix of dance and swing music twisted up with a total Mambo beat, Lou Bega has created a sound that is classic and totally new. The best way to describe this CD is what would happen if Cab Calloway was introduced to the late '90's style of swing and rap/dance.

All the tracks have the same basic sound to them, although some are more classic sounding while others are new and inventive. Tracks like *Mambo #5*, *I Got A Girl* and *I+I=2* are very up-tempo and made for the dance clubs and bars. Other tracks like *Baby Keep Smiling* feature a classic blues feeling complete with a hollow sound as if you were listening to the music through a phonograph. There are even a few tracks like *Lou's Cafe* that are more rap style mixed with the Mambo.

Some people I have heard at the bar think that Lou Bega is annoying as hell, but if you actually sat and listened to this album you would see that the sound is truly genius. To be able to mix Mambo and blues with rap and dance and make it good enough to listen to is a talent in itself. The swing dance craze is dying pretty fast, and Lou Bega is cashing in on the demand that is still there for the fast paced jungle beat, but also the hope for a new sound.

Sure, Lou Bega could fade fast like flash in the pan artists like Rico Suave, Vanilla Ice and The Tragically Hip (here's hoping), but in the mean time his sound and music are going to make a lot of heads turn and a lot of asses shake out on the dance floors of the clubs.

I really don't think you could hate this album. It may get annoying after a while, but there is no way to not want to dance after just one minute of *Mambo #5*. *A Little Bit of Mambo* is definitely my pick for the must have CD this week.

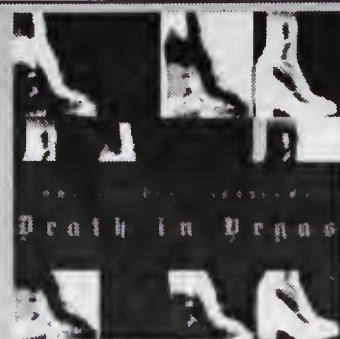


Matthew Good Band - Beautiful Midnight

Now, I saw Matthew Good last year and plan on going again this year, but I was never totally impressed by their music. Not to say it was bad, but it was very run of the mill. That and *Apparitions* was annoying as hell, but after hearing *Hello Time Bomb* on the radio, I was truly impressed.

It sometimes takes a band a few albums to finally hit a sound that is still very reminiscent of their old work, but a definitive sound that is their own. I would have to say with *Beautiful Midnight* Matthew Good has finally achieved this. The new album features songs that cover the bands wide range of talent jumping from slower ballad like tracks, to your typical alternative tracks to all out alterna/rock songs like that of *Hello Time Bomb*.

If you are unsure about the album, the best bet would be to go to the show in October and if you are as impressed by them live as I have been, then *Beautiful Midnight* is a must have. And if you are already a fan of Matthew Good, you are in for a great treat with this one!

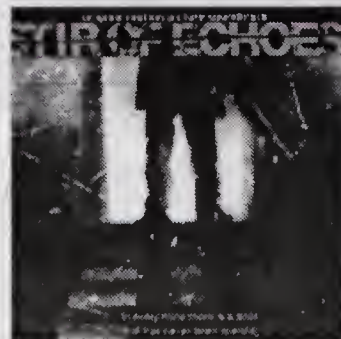


Death In Vegas - The Contino Sessions

Death In Vegas debuted in 1997 with their album *Dead Elvis* and has quickly made a name as one of the most interesting techno bands around. Now with the release of *The Contino Sessions*, Death In Vegas are conquering with their brand of Euro-Techno Electronica.

I know that sounds a little confusing, but if you heard the album you would understand. The album has a definite Euro feel to it as the techno isn't as pounding and fast paced as it's counterparts. Death In Vegas mix not only electronic sounds, but rock, alternative and even gospel. You can even pick out Iggy Pop on *Aisha*. Hell, even the London Community Gospel Choir appears on *Aladdin's Story*.

The Contino Sessions centres more on the actual sound of the music than just the beat. If you are heavily into strange electronica then you should check out Death in Vegas, *The Contino Sessions*.



Stir Of Echoes

Something disturbed me about this movie. At first I couldn't put my finger on it. I thought maybe it was the fact that people were still putting Kevin Bacon in movies, but then it hit me. On every commercial you can hear the Rolling Stones song *Paint it Black* in the background... but it doesn't sound right!

When I received the CD the first thing I looked for was the track *Paint it Black*, and there it was... by GOB! Now I am a pretty big fan of GOB, but I really don't think they have the talent to take one of the most classic Stones songs around and turn it into a punk 90's song. It just isn't right! Besides the bastardization of *Paint it Black*, the soundtrack features *Moist*, *Dishwalla*, *Wild Strawberries*, *Stevie Nynn*, *Poe* and *Beth Orton*. Most of these tracks are cool, but in between each is a really annoying track from the supposedly freaky movie score. These songs do more damage than good to the disc.

All in all, the few songs that are normal on *Stir Of Echoes* aren't too bad, but I just can't get over the GOB track. They should be killed!

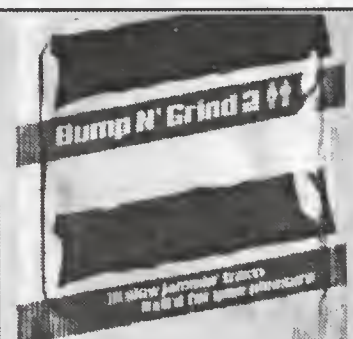


Frosh Two

What a waste of a disc! I loved the original *Frosh* CD, but leave it to the record companies to try to cash in on the popularity of a CD with a totally inferior part two.

Frosh Two tries its hardest to be as cool and good as the first but it fails miserably. There is still the mix of dance, Celtic, 80's and plain party music, but none of the songs seem to go together very well. *Tubthumping*, *Money City Maniacs* and *Rock Lobster*? *Centerfold*, *Just a Friend* and *Time Warp*? And what the hell is with *Devil in the Kitchen*, *Dancing Queen* and *Closing Time*? And of course it only gets worse with *Red*, *Red Wine*, *It's Not Unusual*, *Twice My Age* and *Jump Around*. The only song that is even worth listening to is *Fire, Water, Burn* by the Bloodhound Gang.

Frosh Two is just a pitiful attempt at getting more money from a name that worked once, and sucks the big one now! If you have any money to burn and were thinking of buying this CD, I'd say just burn the money instead!



Bump N' Grind 2

I swear they have a compilation CD for every style of music imaginable. Compilation CDs were never so popular until the Big Shiny Tunes discs came out and now every company is trying to make the next big set of CDs. Since most compilation sets consists of mostly alternative music, *Bump N' Grind 2* is a welcome change.

Bump N' Grind 2 is, if you haven't figured it out from the title, a 16 track compilation consisting of mainly slow jamming R&B. Actually, for what it has packed on it, *Bump N' Grind 2* is a collection of some of the best slow jams around. Of course K-Ci & JoJo appear, but there is also Montel Jordan, LL Cool J, Blackstreet, Ginuwine, Brian McNight and even the grandfathers of slow jams, Marvin Gaye and Barry White.

The easiest way to sum up this disc is that it is a collection of end of the night bar songs. So if you are into the bar scene, *Bump N' Grind 2* will lengthen your night with your loved one, or just make you lonely as hell!



Eve - Let There Be Eve

Once upon a time there were a bunch of rap artists who decided that it would be better if they all split off into groups like baseball teams. First there was Wu-Tang, then Bone Thugz, and now the latest professional rap team to emerge are the Ruff Ryders. Now we all know that although the groups make albums together, they also make solo albums. So the Ruff Ryders are here and now, out of the group emerges Eve, the Ruff Ryders' First Lady.

There really isn't much difference between Eve and other female rappers like Missy Elliot and Gangsta Boo. The sound is very similar, and the lyrics are basically the same. You can even find a scheme to the swearing... it is usually every 5th word and every other one starts with an 'N'. I guess the only thing other than her looks that Eve has going for her has to be her association with Ruff Ryders. They all appear on the album, and it is always good to have back up.

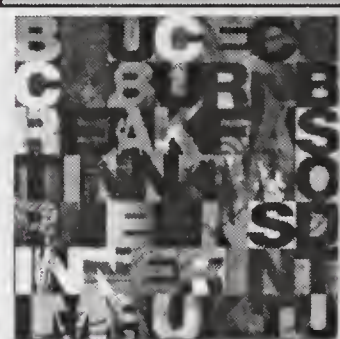
Let There Be Eve is your typical rap album all wrapped up in a pretty package. Unless you are a Ruff Ryder yourself, just skip this one!



Natalie MacMaster - In My Hands

Over the last year Natalie MacMaster has graced the stages of Sudbury a few times with her amazing brand of Celtic Roots Fiddle. Now I know a lot of you are just gasping at the fact that a fiddle player is getting a good review out of me, but ever since *Great Big Sea* bit the big one, I have been waiting for a disc like this.

In My Hands is the latest CD from Canadian fiddle-guru Natalie MacMaster. If you haven't heard of her, she is basically Ashley MacIsaac without all the drugs and freaky shit. On *In My Hands* Natalie not only brings forward her love and talent within the Celtic genre, but she branches out with some amazing ballads, a little Latin spice and some friends including Country star Allison Kraus. She has worked hard to become the leading woman of Celtic music and with an album like this there is no doubt why she is. No matter what anyone says, *In My Hands* is an amazing album and worth getting to please that Celtic side in all of us!



Bruce Cockburn - Breakfast in New Orleans...

Now I'm guessing there has to be a fan base out there somewhere for this style of music, but I doubt there is much of one here at Laurentian. Sure, Bruce Cockburn is a pretty famous singer/songwriter, but when it comes to the music, this will put you to sleep faster than most 8am classes.

I'll give the guy credit, he has lasted a lot longer than most people would ever imagine. To me Bruce Cockburn is a poor (very poor) man's Brian Adams who has mellowed over the years. His style on this album is very slow and drawn out, almost like Bob Dylan after taking a bunch of Downers. I tried to give it a good listen, but I fell asleep after only 2 1/2 songs.

Breakfast in New Orleans, *Dinner in Timbuktu* is only useful to a Laurentian Student as a Frisbee, coaster or sleeping pill. I have to go as far as to say do not operate heavy, medium or light machinery while listening to this album!

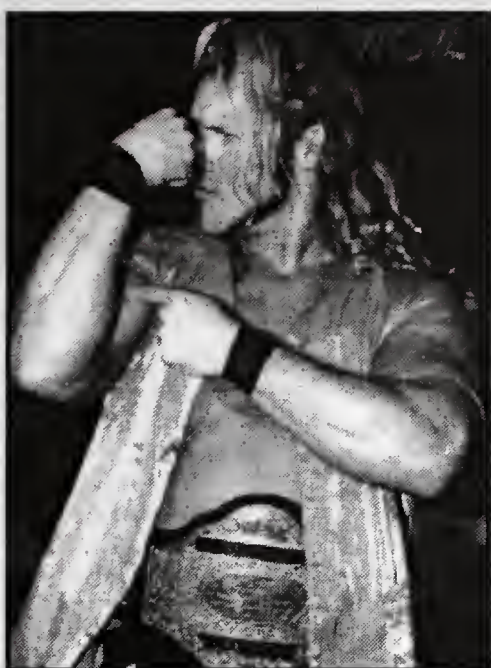
Trash Talk

The World's Most Dangerous Column

by Chris Newman
contributor

Let me start the first ever installment of "Trash Talk", Lambda's new wrestling column (where you will never see me refer to someone as "rudipoo") by saying that I'm glad HHH won the title at Unforgiven. I take off my hat to guys that have been there for as long as him and haven't been put out on the disabled list. Although, sometimes, these guys go too far to stay in action. Rumor has it that Undertaker may be out until Wrestlemania or even longer after he suffered and ignored an intense groin tear. (Ouch!)

Now, I don't even get ECW at my house and I know I'm not the only one. So, I'm sure that I'm not alone in asking myself this question: "What in the hell are the Dudley Boys doing taking air time away from people that can actually wrestle?" I'm sorry, but I seem to recall certain other teams like The Nasty Boys or Public Enemy coming out with their same flabby physiques and poor taste in



The Y2J Problem?

the ring attire and not doing anything remotely entertaining. We all know how this story ends, folks. If I have one piece of advice for the Dudleys, it would be to master The Nasty Boy patented "Pit Stop" maneuver, because in three months when they're applying for jobs at the local Esso station, it may look good to have those two words in their resume.

But Dudleys or no Dudleys, Vince can just sit back and watch the

ratings grow and grow, simply because of these three words we've all wanted to hear for a long time: Raw Is Jericho! Y2J has already stepped up to the front burner with matches against Bad Ass and The World's Most Unmarketable Man, Ken Shamrock. (I personally think Kenny would get much better fan response if they teased his hair and put a little 80's rock star makeup on him. Picture it, Ken Glam Rock! We'd all buy a ticket to see that installment of Raw!) Word has it that Y2J's going to be standing right alongside the likes of Undertaker, The Rock, Stone Cold, Kane and HHH in an upcoming PPV commercial. Mark my word, Jericho is going to be the Shawn Micheals of the new millennium.

That'll be all for my first shot at the wrestling column. Thanks go out to Mat Thompson who wrote this section in the previous years for letting me take over the reigns simply for knowing that Hulk Hogan's first Survivor Series team was composed of Bam Bam, Patera, Muraco and Orndorff. No one knows more about this sport (or has more pictures of this sport) than our Editor-In-Chief. But who would win if we met in the Squared Circle, you ask? Perhaps, someday we'll find that out.

So You Want to Be in a Band...

by Jenny B. Goode
Contributor

This article is intended to give all you budding young rock stars a quick and dirty lesson in how to form your very own band, because let's face it - chicks/guys dig guys/chicks in bands. The moment you step on stage, your attractiveness factor to the opposite sex increases by at least an order of magnitude - one need only look to real life examples of otherwise hideous pop stars, who nevertheless have scads of adoring fans. And even if you never make it that far (stepping onto a stage), you can at least use the "Yeah I'm in a band" line at parties which often yields favorable results - provided you say it like it's no big deal which, if you're like any other college band, it probably isn't. Still, the joys of hanging out with a few good friends and living out your rock and roll fantasy either in talk or action is an age old pastime, and for good reason. Read on...

The first, the most crucial and most fun part of forming a band is thinking up a name. Many a famous band has been formed just to fulfill the invention of a truly spectacular name. This most creative and rewarding activity can literally fill an entire evening and provide more entertainment than a barrel of ping pong balls in a Thai whorehouse. Look around for inspiration, peruse your own music collection - the answer may be lying right in front of you. For example, let's say you've decided to get your friends together and, since it's so easy to learn, decide to play that surfy garage rock that's so popular with the kids. As you look through your "influences", you no-

tice that all of the Beach Boys album covers have a striking similarity - those cats were weird lookin'. And I'm not talking about Brian Wilson - he was actually the most normal-looking until he got way into the hallucinogenic drugs and said hello to Mr. Alternate Universe. No, I mean the guy with the enormous forehead. What's with that? As you discuss this phenomenon with your friends it dawns on you - "HUGE CRANIUM BEACH BOY"! It's catchy, quirky, leaves you wondering what a band called that could possibly be like! If you saw the name HUGE CRANIUM BEACH BOY lit up on the marquee outside your local club, tell me you wouldn't have to go in and check 'em out.

Sometimes it's a good idea to choose a consistent font with which your new name will always be written. Do you want the retro, rollerskating-esque Boogie Nights font? Maybe the graffiti style, spray paint font favoured by many hip hop artists? Or perhaps the name-scrawled-in-dripping-blood-on-a-wall font used by all those NIN prototypes is more to your liking? How about something original, something in keeping with the kooky, devil-

may-care attitude your band will become known for - imagine 'Huge Cranium Beach Boy' on posters plastered all over the school in big Summer Camp Wooden Log Letter font - you know the kind you'd expect to see 'The Flintstones' written in? The possibilities are truly endless and it's you that gets to decide.

Once you have a name and/or logo, the rest is simple. Choose some time during the week when all prospective members are free for a good few hours, and a place where you will be sure to annoy your neighbours/parents/house-sharing vermin with any noise you may create. If you have instruments (although they are not a necessity), bring them. Bring beer, cd's, and a few other friends that aren't in the band, but wish they were, to act as your adoring audience. By the time you've listened to all the music of the bands you want to sound like, drank most of the beer, explained to the non-band friends what you're all about, announced your manifesto with which you'll take the entire music industry by storm, you'll have had what you can call a practice. That's it! You are now officially in a band, and can reap the myriad of wonderful benefits that come with this, most noble, of all artistic endeavours...have fun!



Local Bands... Let Us Know You're Out There!
Drop off a CD of your band's music or let us know when you are playing and Chris may just cover your band in The Night Life!

On Video

by Julie Murphy
Contributor

Ed TV

At the risk of sounding completely blunt I thought this movie really sucked. I hate using the word sucked because I use it all the time but after thinking about it and discussing it with a friend I feel it is the best word to describe this poor excuse for a movie.

I figured that I couldn't very well write a review about this movie telling you all about how much it sucked and not have a reason as to why it sucked other than the fact that I had an extremely hard time trying not to fall asleep. The reason why this movie sucked is the fact that it has already been done. Seen the Truman Show? Then you've seen Ed TV. Hollywood has got to get some new ideas. These people make a movie that does really well at the box office, so what do they do? They pump out another flick almost identical to the first. Another prime example of this is when they came out with Armageddon and then a couple months later gave us Deep Impact. Do these people have a hard time being creative or what?

RATING-Please do not waste your money.

GO

Did you like Pulp Fiction? If you did, you'll definitely enjoy this movie. I found it to be quite cool. It was fast-paced and well, fun. The beginning of the movie may confuse you and may remind you of an old movie named Groundhog Day. The film goes through what happened to each of the characters in one night and then ties them all together, plus they throw in some great music. Some Len and a great remix of the groovin' tune Magic Carpet Ride. Anyway, the movie keeps you interested and has a great cast. We've got Scott Wolf (Party of Five), Katie Holmes (Dawson's Creek), and Sarah Polley (Road to Avonlea). One of my favourite scenes is one where Ms. Polley, (whom I had last seen when I was about twelve in the Canadian TV series Road to Avonlea) sells drugs to a bunch of kids. Except the kids don't really get what they paid for, she sells them all chewable Tylenol and calls it ecstasy. I laughed. They all think they can really feel it and how nice and smooth it is. And it keeps getting better, next she gets smacked by a car.

RATING - Worth Renting

The Night Life

by Chris Newman
contributor

To say that Minus 20 are veterans in the game would be putting it mildly. This band that claims to have the highest average age and lowest average I.Q. is certainly right about the former. But are they over the hill? Certainly not. These guys can certainly put on a good show. With years of experience behind them and a set list which is packed with "can't go wrong" tunes from the classic bands like Pink Floyd, Fleetwood Mac, Boston and Monty Python (yes, you read right), it's now wonder these guys get asked to play every venue in this city. And, as I found out when trying to get a picture for this particular column, they do it with little to no promotional work at all.

The front man of this band, Tony, is a well known face around the music community. His years of service working with the P.A. systems at Guitar Clinic have seen to it that every musician in this city knows him on a first name basis. The only thing that bothers me about Tony is that he's the bass player in the band and he plays guitar leads better than I do. I once told him that after buying a round for the table we were at, prompting him to look at me with his glazed over, drunken eyes and say...well he said something incoherent, but that's nothing new for Tony.

A drastic contrast to Tony would be Alice, resident keyboard player and sane person of minus 20. She doesn't look like the kind of person that would be playing in a band like Minus 20, but that's about where it stops. She's the kind of keyboard player that every band wishes they had: she plays guitar parts flawlessly and sings harmonies.

I'd tend to agree with anyone who says that their drummer, Rob, is the all around best drummer in the city. He isn't the flashiest. He doesn't have the biggest kit. He doesn't play monster rhythms like Luc from Dazed, but the tempo is flawless, which is a characteristic that you would assume all drummers should have. But, in a lot of cases, they do not. And there's nothing worse than trying to dance to a band who is changing the tempo constantly. Minus 20 is definitely the easiest band to dance to.

Finally, there's the guitar player and vocalist, Murry. He's got tons of confidence and ability and yet comes across very humble. He's one of the easiest musicians to approach that I've ever met. If you're a guitar player who needs advice on any matter, go and see a Minus 20 show, and ask Murry. He runs through the hardest guitar parts effortlessly, often doing it while singing (a skill that I have never been able to attain) and plays killer solos that would make any guitar player go home and run through scales until the sun came up in the hope of being able to sound that good. I know this, because I did it after I saw them play for the first time.

So, what else can I say about Minus 20? Just so I don't get accused of going too easy on people, I'll add this disclaimer to the band: if you have any problems with profanity, rude comments or just all around bad taste either don't go to a Minus 20 show or block your ears between songs, because all of those things come often. Until next time (when I promise to stop reviewing my favorite bands), I'll see you at the clubs.

Cinefest '99

Marijuana, prostitution, suicide...Ahhh, nothing like a good film festival to shake off the Back to School Blues. Seriously though, for those of you who couldn't make it to Cinefest this year, you missed an amazing (if not somewhat odd) festival. With two movies with "Exhuming" in the title, two movies with a guy called Stick as the main character, a Janet Reno lookalike doing security and more cinematic vomit than I've seen in the last five years combined, the weirder side of Cinefest showed itself a little bit more than usual this year...Which is not a bad thing (except maybe the Janet Reno bit).

In all fairness, I'm overexaggerating. Cinefest is a wonderful festival, and, despite the fact that it takes place here in Sudbury, is a cultural gem that deserves everybody's attention. It's truly amazing how many directors come to Cinefest and go on about what a fantastic festival we have, and how it's so much better than the Toronto Film Festival. Hearing famous directors say things like "Cinefest is like the Toronto Film Festival without all the bullshit" and that great Canadians like Rick Mercer and Bruce MacDonald endorse Cinefest as their favorite film festival really should make you realize that this festival is not only a great thing for Sudbury but for the face of the film world as well. Okay, with that being said, onto the movies...

Top 3 Movies of the Festival

#3. Mr. Death: The Rise and Fall of Fred A. Leutcher Jr.

This was one of those movies that I figured was going to be kinda interesting, but wasn't really that excited to go see...but when I walked out of the theater, I was blown away. This film chronicles the rise to respectability and infamy, and subsequent fall from grace, of Fred Leutcher Jr., an "execution specialist" and the only one of his kind in the world. In 1988, he was contacted by Ernst Zundel, a Nazi who was on trial in Toronto for publication of literature that denied the existence of the Holocaust, to collect samples of the walls and floors of Auschwitz gas chambers. Based on the analysis of the samples, done by independent researchers, Leutcher declared in a report that the gas chambers in Auschwitz could not be gas chambers at all. Then, when he was no longer needed by Zundel, he found himself without a job, without his wife and without any money. This was a hard-hitting movie, showing the foolish naivete of Leutcher, compared by Zundel to Jesus, Buddha and Hitler, and compared by others to an ignorant simpleton. You can't help but laugh as the documentarian tears down Leutcher's findings and proves Leutcher to be exactly what he is: an odd, simple man who enjoyed the limelight too much and paid the price for it.

#2. The Life Before This

Once in a while, you'll stumble across a movie that keeps you thinking about for days after you see it. **The Life Before This** is one of those movies. This film is about a shooting that takes place in a simple cafe, killing everybody inside. It then goes back in time, to the beginning of that day, and shows how the outcome would have been different if everybody in the movie had made different decisions over the course of that same day. This movie is a discussion about fate versus free will, and how seemingly insignificant decisions cause chain reactions which affect everything else. As one of the characters puts it, "Everything almost doesn't happen". This a movie peopled with great, believable characters in great performances. Special mention has to be made of David Hewlett, who plays one of the shooters (whose failed robbery attempt spills into the cafe). This guy has the magic touch...two years ago, the best of Cinefest was **Cube**, which he was in. Last year, it was **Clutch**, which he was in. And now this. At any rate, it was an incredible movie and I hope it at least hits video stores sometime within the next year.

#1. American Movie

I never figured that I'd choose a documentary as my top film of the festival, but it's happened. Maybe it's because **American Movie** doesn't really feel like a documentary, but rather like a couple years spent with a friend or cousin, watching him struggle to succeed as you sit there, laughing and shaking your head. This movie was entirely set in Menominee Falls, Wisconsin, birthplace and home to Mark Borchardt, an amateur filmmaker and hopeless dreamer. To give him the boost that he needs to produce a feature film, he attempts to finish "Coven" (pronounced coh-vin, because "cuh-vin sounds like oven, man, and that just doesn't work"), a 16mm black-and-white short film. What makes Mark and his dogged, amazingly determined attempts to complete **Coven** interesting is the uniqueness of the people involved. Mark's best buddy Mike is a former drug and alcohol addict, and can only be described as a quieter version of Butthead. Mike's uncle Bill is a partially senile old man who helps finance Mark's project. More interestingly, Mark himself can only be described as a mix between an intelligent Beavis (squinting a lot and saying "man" at the end of each sentence), and Cliff Claven from *Cheers*. His dream is to make **Coven** at all costs, whether it means using his mother as an extra, working as a paperboy or cemetery/funeral parlour janitor, or making senile old uncle Bill the Executive Producer. He is, at the same time, laughable and inspiring, somebody who pursues his dream against all odds, even when those odds include getting a little too drunk, refusing to pay his phone bill, and not having enough money to even buy gas. This film seems at times way too funny and touching to be a documentary, but the director lets the situations speak for themselves...and it works unbelievably well. I can't say anything negative about this movie, which is slated for mainstream commercial distribution really soon.



The Rest of Cinefest

All in all, Cinefest had an excellent lineup this year, with a real variety of types and genres of movies available. Most of the movies that I was able to catch were really great, though the occasional stinker poked its head out of the stack to make me appreciate the movies that I saw before it.

I'm not really one for English-Elizabethan-era-type movies, but I really enjoyed David Mamet's **The Spanish Prisoner**, so I decided to watch **The Winslow Boy**, another Mamet film. This movie about a well-to-do father's crippling fight for his boy's honour after the latter is kicked out of the Naval Academy for supposedly stealing a postal order. The movie didn't focus on the kid's innocence or guilt, but rather on the characters and the effect that the legal battle has on all of them. Normally I'm not one for character-driven movies, so it seemed pretty slow and dry at times, but the intelligent and witty dialogue carried me through most of it. The acting was very well done, and Nigel Hawthorne (**The Madness of King George**) did a great job as the father who sacrifices his wealth, his happiness and even his health to see to it that right, not justice ("Doing justice is easy...doing right is far harder"), was done.

When I read the description for **New Waterford Girl**, I thought to myself that it was going to be a boring coming-of-age movie, with a Canadian edge. It ended up being way better than I thought it was going to be, which is a good thing, because I was essentially expecting it to be crap. This movie, (obviously) set in New Waterford, Halifax, is about Mooney Pottic, a fifteen-year-old girl with big dreams but unfortunately chained to a small town by the traditions and close-mindedness of her family and neighbours. This movie reminded me very much of last year's **Waking Ned Devine** in that the charm and goofy humor of the town's locals and traditions made the movie a lot of fun to watch, much to my surprise. Anybody who has lived in Sudbury for any length of time can relate New Waterford's obsession with religion and hockey to somebody they know.

I had looked forward to **Joe the King** for most of the festival, and seeing as how it was the last movie of the festival, I figured it would be a great way to cap off the weekend. Unfortunately, I was wrong. This movie was about a hardluck 12 year-old boy living in New York with his philandering yet caring mother, his alcoholic janitor father (Val Kilmer!) and his brother, and the different crappy things that happen to him as he goes about his life as a tardy student and a kleptomaniac. There was really no central plot, but unlike **The Winslow Boy**, the dialogue wasn't particularly witty, funny or even re-

ally all that interesting. I realize that the point wasn't the dialogue but rather the kid's cruddy existence, but I found that it didn't come together well enough to make it interesting.

As you're reading through the Cinefest program book, you can usually pick out one or two movies that you know are going to be a big hit...not necessarily good, but definitely popular. My guess for this year was the marijuana documentary, **Grass**, and I wasn't far off. Narrated by pot activist Woody Harrelson, this movie detailed the history of marijuana, the source of the negative attitudes that surround it, and the hideous, hideous amounts of money that are spent in an attempt to stop its proliferation (242 billion dollars in the last seven years alone). It didn't focus on the benefits of pot, but rather on how different politicians have used the fight against pot as a political agenda with which to achieve various goals. It was a hilarious movie, which I would recommend to just about anybody.

Another good documentary that I was able to catch was **Millhouse: A White Comedy**. Even though it was made back in 1971, this black-and-white film about Richard Nixon and his ability to play on words to fit his political agenda was actually pretty good. Too bad that the film's distributor forgot to ship the final movie reel, and that the projectionist only realized it halfway through the movie. In other words, the movie ended kinda abruptly...no credits, nothing. Ron Mann, the distributor's president, stood at the back, muttering about how he couldn't understand how it happened. It was almost as funny as when the final print for the second reel of **The Ideal Husband** was put in upside-down.

Sometimes when you go see a movie to kill time, it works out...like it did with **New Waterford Girl**. Sometimes, it doesn't, like it did with **Molokai: The Story of Father Damien**. Movies glorifying religion or religious figures usually don't appeal to me, but I figured, what the hell and saw it anyways. What a terrible mistake that was. It was supposed to be about a priest - Father Damien - who goes down to a leper colony in Hawaii somewhere to tend to the sick and establish a church and fight for their rights and so on. All it ended up being was a Slideshow of the Leper Family Reunion. A few minutes of the priest struggling with politicians would go by, and then they flash another few minutes of some lepers. You can almost hear the director saying, "Hmm, I think we're running out of script...Quick, show some more lepers!". This movie fulfilled my Open Scab quota for the century.

The run of Canadian films at the festival this year was absolutely amazing, and **Rollercoaster** was no exception. This movie is about five

teens (one of whom is called Stick), all from a group home, who steal their counsellor's car and spend the day in a bankrupt amusement park, discovering things about themselves, each other, and the betrayal that they all face in their own way. It doesn't sound very interesting, but it was a fantastic movie, with excellent acting and great twists and surprises.

As the movie's presenter put it, "there's one way to ensure that a movie will be popular in Sudbury. Have sex, drugs or nudity in the title and people will flock to go see it". This would probably explain why there were so many people at both showings of **Too Much Sex**. Well, it could also have been that it was a pretty good movie, but either way. It has an interesting premise...a man, named Allgood Butts, has slept with 390 women, but gets warned by an angel that the 391st will be his last. You can tell that a movie is tailor-made for a certain type of audience when there's a scene in it with an angel "tit-whipping" the main character. Very raunchy humor, but very funny as well, and appropriately was sponsored by our very own CKLU.

Finally, we get to the Midnight Madness movies, which were a mixed bag: The Friday night one, **Freeway II: Confessions of a Trickbaby**, was by far the single most FUBAR'd (see **Saving Private Ryan**) movie I've ever seen in my whole life...and I saw **The Acid House** last year, so that's saying a lot. I mean it...between serial killing, cannibalism, drugs, transvestitism and psychotic delusions, you'd figure you could find a cool movie in there SOMEWHERE. This however was not the case. The movie was about a bulimic prostitute and a delusional psychotic who have both escaped from the law and are trying to make to Mexico, but really, in the movie's horridity, it doesn't matter. I guess I should've figured what type of movie it was going to be when the main character, Crystal spent about five straight minutes puking at the beginning of the movie. As I said, a really profoundly demented movie, but not in the good way.

The other Midnight Madness movie, **TOPS and bottoms**, was a lot less screwed up than **Freeway II**, which is odd considering this one was a documentary on sadomasochism. It traced the history of sadism and masochism, and paralleled the S/M hierarchy with the modern social hierarchy and Hitler, while also discussing the various philosophies and attitudes possessed by S/Mers. **TOPS and bottoms** was interesting and thought-provoking, and unlike the previous Midnight Madness movie, none of those thoughts were "Boy, does this movie ever suck".

Belvedere

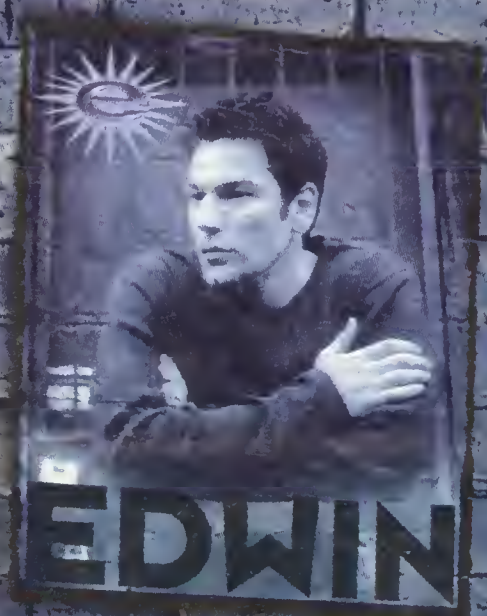
ROCK

THE NEW ALTERNATIVE



matthew good band

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- October 14, The Wall - Nipissing University, North Bay, Ontario • October 16, The Great Hall - Laurentian University, Sudbury, Ontario
- October 18 Myron's - Charlottetown, PEI • October 19, Acadia University, Wolfville, Nova Scotia
- October 21, The Pit - UCCB, Sydney, Nova Scotia • October 22, The McKay Room - St. FX University, Antigonish, Nova Scotia
- October 23, McInnis Room - Dalhousie University, Halifax, Nova Scotia • October 25, Chevy's - Moncton, New Brunswick
- October 26, U.N.B. - Fredericton, New Brunswick

MUST BE 19 AND OLDER



Klaus

3 REASONS WHY KLAUS VON DOPPLEHOOPER OF VAFFLEHAUS WASN'T INVITED

1. HE'S A LOSER.
2. RECOVERING FROM SPANDEX RELATED INJURY.
3. HE HAD A PERM APPOINTMENT.

October is International Month of the Vegetarian

Where's the Beef?

by Derek Serafini
Features Editor

Almost a year ago, I did something very out of character for me: I stopped eating meat. I was always the guy who would order the meat-lover's pizza with extra cheese, eat more chicken wings on wing night than any of my friends, and easily devour the turkey drumstick at Christmas. I was a self-proclaimed "meat-a-tarian." I even refused to eat salad on many occasions. But, all of a sudden, it just didn't make sense any more. I woke up one day and I couldn't rationalize it to myself like I could in the past. Living off of the flesh of animals just didn't appeal to me any longer.

So I started to do some reading. I read everything I could get my hands on that had anything to do with vegetarianism and I quickly found out that I was not alone. There are many other people out there who were pondering the switch to a plant-based diet. And, though somewhat difficult to obtain, there was a wealth of research and writing done on the subject.

But even after all of the reading, I was still kind of skeptical. I can clearly remember health class from grade school and how I was taught that I had to eat food from all the four food groups in order to be healthy. I spoke to my family doctor and he pumped me with the same nutritional ideas that I had learned in school. I dropped the idea to friends and family and they were very skeptical. "You

need to eat meat," they kept saying. "You can't survive without the protein." And after my dealings with all these people, I was again skeptical. If I didn't want to be a tiny, frail, unhealthy man, I had to eat meat and meat products on a regular basis.

About a week later, I was channel-surfing on the TV and I stopped briefly on one channel where they were showing a triathlon. A second later, they cut to an interview with Dave Scott, a six-time winner of the Ironman triathlon (3 miles ocean swimming, 70 miles biking, 26.2 miles running). He was speaking about his diet and how he hadn't eaten meat in years. He attributed his great physical stamina and vitality to his vegetarian diet.

After seeing that show, I didn't know what to think. Why does every reliable source tell me that I need to eat meat to be healthy and yet Dave Scott can be in the great physical condition that he is without ever eating animal flesh? I didn't know what to think. What is the truth? What is truth? Who am I to question established traditions? Who am I to mess with society's norms?

Well, I am Derek. I'm not a scientist, but I am pretty bright. Society may have an established manner of doing things, but it does not mean that they are right. And the truth? The truth, in my experience at least, is often hidden under rhetoric and propaganda that has been in place so long that very few people question



it.

As a society, we have been trained not to question those people in white jackets and we are led to trust tradition. However, you would be foolish if you don't admit that different people often have different agendas. And their agendas can sometimes be contrary to our health. At least this is what I have discovered.

Have you ever heard it said that if you tell a big enough lie loud enough and long enough, sooner or later people will begin to believe you? No bigger lie has ever been told than the one that human beings need a high-protein diet to maintain optimum health and well being.

Let's find a model from nature. When do you think that a person needs the most protein? Presumably at birth, right. Mother Nature has provided a food, mother's milk that supplies the infant with everything it needs. Guess what percentage of mother's milk is protein...50%...25%...10% - too high in every case. Mother's milk is 2.38%

at birth and reduces to 1.2-1.6% in six months.

What's the greatest marketing plan on earth? It's making people believe they'll die unless they use your product.

I could give you a hundred reasons why eating meat for protein is one of the worst things that you could ever do. For instance, one of the by-products of protein metabolism is ammonia. But, let me mention two other points in particular. First, meat contains high levels of uric acid. Uric Acid is one of the body's waste products resulting from the work of living cells. The kidney's extract uric acid from the bloodstream to be passed out with the urea in the urine. If uric acid is not promptly and thoroughly removed, the excess builds up in body tissues, to later create gout or kidney stones. People with leukemia are often found to have high levels of uric acid in their blood. The average piece of meat has 14 grains of uric acid. The body can only remove 8 grains per day. In addition, do you know what gives meat its flavour? It's uric acid from the now dead animal you're consuming.

Moreover, meat is teeming with putrefactive bacteria, that is colon germs. As Dr. Jay Milton Hoffman explains in his book, *The Missing Link in the Medical Curriculum Which Is Food Chemistry In Its Relation to Body Chemistry*, page 135, "when the animal is alive,

the osmotic process in the colon keeps putrefactive bacteria from getting into the animal. When the animal is dead, the osmotic process is gone and the putrefactive bacteria swarm through the walls of the colon and into the flesh. They tenderize the meat." You may have noticed that meat has to age. It is the putrefactive bacteria that tenderize the flesh.

Dr. J. H. Kellogg has stated, "the bacteria in meats are identical in character with those of manure and more numerous in some meats than in fresh manure. All meats become infected with manure germs in the process of slaughtering and the number increases the longer the meat is kept in storage."

Is that what you want to eat? I know it doesn't appeal to me.

I'm not saying that if you don't eat meat, you will be healthy or that you can't be healthy if you eat meat. Neither statement would be true. But, for me at least, choosing not to live off the flesh of animals just makes sense. I feel healthier, my head is clearer, I need less sleep. I just feel better in so many ways.

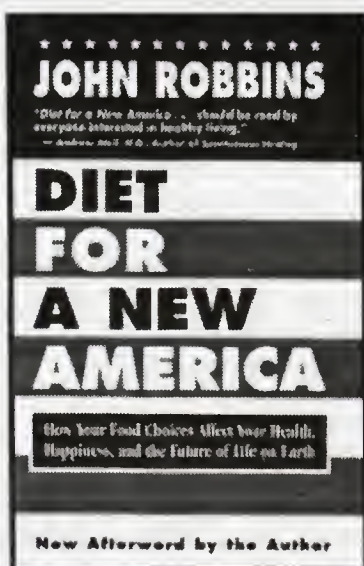
So, in this feature, I've tried to collect and present some information on the subject that will make you question your beliefs about the benefits of eating meat. Don't take my word for it. After you read this feature, start investigating. What you find will surprise you.

Read This Book!!!

In my quest for information on vegetarianism, I came across a book that has totally changed my life, *Diet For a New America*, by John Robbins. Seriously, this book is the most informative, well-written, legitimate book on vegetarianism out there.

The research that John Robbins has done for us in this book, gathering and distilling an extraordinary amount of little-known, but vital information, allows us to deduce what would happen in such a scenario. From the evidence accrued in hundreds of recent medical, agricultural, economic and environmental studies, which he presents in terms easy for the layperson to grasp, we can indeed estimate the results if people were to change their eating habits and kick the habit of over-consuming animal proteins and animal fats.

The effects on our physical health are immediate. The incidence of cancer and heart attack, the nation's biggest killers, drops precipitously. So do many other diseases now demonstrably and causally linked to consumption of animal proteins and fats, such as osteoporosis, a major affliction



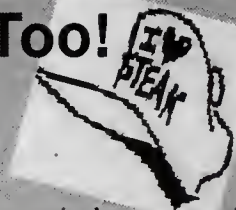
among older women. The hormonal imbalances causing miscarriages and increasing aberrations of sexual development similarly drop away, as we cease ingesting with our meat, poultry, and milk the drugs pumped into our livestock. So do the neurological disorders and birth defects due to pesticides and other chemicals, as we begin to eat lower on the food chain where these poi-

sons are far less concentrated. Mother's milk, where they concentrate in greatest intensity, becomes safe again; we can nurse our babies without fear. Since these toxins attack the gene pool itself, causing irreversible damage, the change in diet improves the health of our children's children's children and generations to come.

The social, ecological and economic consequences, as we North Americans turn away from animal food products, are equally remarkable. We find that the grain we previously fed to fatten livestock can now feed five times the North American population; so we have become able to alleviate malnutrition and hunger on a worldwide scale.

This book is not a sermon. It is too important for that - too important for our health as individuals, as families, as a society and as a planet. John Robbins does not scold or moralize; he takes on a journey with him, sharing his love for life and his reverence for all life forms, ours included. While he shares as well his surprise and pain at what he discovers in the real world, he wisely lets us draw our own conclusions about how we want to live.

You Can Have Your Meat And Eat it Too!



by Julie Murphy
Contributor

I love meat. I really do. Meat is great. It's got to be the most versatile food in the universe. How many ways can you cook a carrot? (And still have it taste good?) Meat is very good for you if you cook it right, it is full proteins and well, taste. I hate it how all of these vegetarian people try to make me feel guilty about eating meat. I have nothing against vegetarians I just wish they would let me eat what I want and not bug me about it. I guess it really shouldn't bug me, I mean more than 50% of the population eat meat. It's nice to hear about all of these historic vegetarians but think about it, they're all dead. Every other famous person was a carnivore. You don't see lists of them anywhere now do you?

I think I really have a fair view on this. I used to be a vegetarian. When I think about this I don't understand how I did it. I don't really like vegetables. A salad for me consists of lettuce. I think I mainly did it because I was going through one of those stages where I was doing everything possible to piss off my carnivore parents. Not eating meat certainly did it. My older sister did it, I did it and now my younger sister is doing it. A "phase" my mom calls it. Maybe she's right. When I got really hungry I finally switched back, I went out and had a nice big juicy hamburger.

I feel that there are certain foods one cannot live without. Bacon is one of these. The best hangover breakfast is bacon and eggs. Nothing else even comes remotely close. And milk! How can you live without milk. Cereal is the anytime student meal.

Some people may argue that it is unethical to eat meat because you have to kill animals. Most animals that we eat are bred for the purpose. And think of how many people would be out of jobs if no one ate meat? Eating meat provides jobs. Think of how many students would be out of jobs if there were no MacDonald's, Wendy's or Harvey's?

Meat is a good thing.

Reasons Why People Become Vegetarian

HEALTH

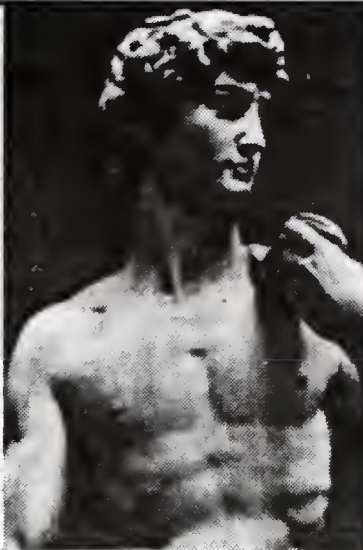
Health is the number one reason people become vegetarian. There is a strong consensus that a vegetarian diet is healthier than a diet that includes and particularly emphasizes, animal foods. The points most frequently cited are:

-A vegetarian diet reduces one's risk of chronic, degenerative diseases such as heart disease, cancer, diabetes, obesity, osteoporosis, gallbladder disease and hypertension.

-A plant-based diet more commonly meets the current recommendations for percentages of fat, carbohydrate, and protein than an omnivorous diet. We are told to cut back on fat, especially saturated fat, to emphasize grains, fruits and vegetables to increase fiber. This is a fairly simple task for a vegetarian.

-There is less chance of contracting a bacterial infection such as E. coli, Camphylobacter, or Salmonella on a meat-free diet.

-Vegetarian diets generally contain fewer pesticides. Many of these substances accumulate as we move up the food chain. Some pesticides are fat soluble, thus when animals eat contaminated plants, the pesticide becomes concentrated in their fat. When we eat the animals, these pesticides are deposited in our fat.



"Michelangelo saw the body as the manifestation of the soul..."

ETHICS AND ANIMAL RIGHTS

For many people, vegetarianism is a statement against violence and cruelty. There is a feeling that taking the life of another creature is fundamentally wrong. Every year in the United States and Canada, more than seven billion animals (not including fish) are slaughtered for food. People who choose to be vegetarian as a means of protest express their concerns as follows:

-Animals are feeling creatures with complex behavioral patterns and intense bonds to their offspring.

-Today's system of animal agriculture treats animals like inanimate objects. As our population and food needs grow, incidence of overcrowding, confinement, isolation, and brutality increase. The animals are often robbed of the opportunity to behave in instinctive ways and can be driven insane.

-Animals are transported to slaughter in appalling conditions, often without food or water for extended periods of time. Millions of animals die each year en route to slaughter as a result of such conditions.

-The actual slaughter is inhumane, primitive, and violent. Stunning methods are sometimes unreliable, and many animals move in pain along the disassembly line toward becoming our food.



Animals are treated like merchandise.

HUMAN HUNGER

World hunger is a problem of enormous proportion. Nearly one-quarter of the human population does not get enough to eat. Of these, 40-60 million die of starvation and related diseases each year. Many people who choose a vegetarian diet do so, at least in part, to make some contribution to the reduction of world hunger. Their rationales include the following:

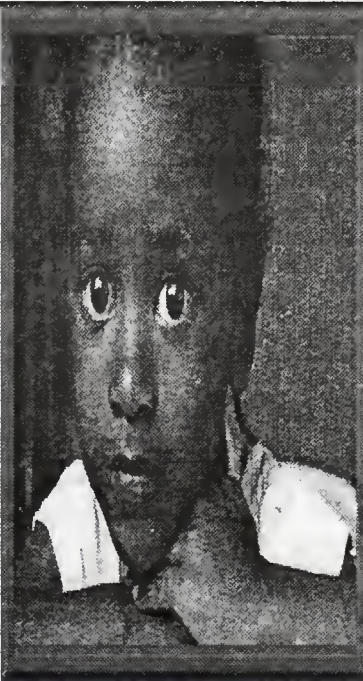
-Animal agriculture is a very inefficient use of our food resources. It requires tremendous energy, and produces little usable food, in comparison to plant yields.

-The demand for meat among the rich people of the world takes precedence over the need for grain and legume production among the poor, developing countries. Land owners frequently opt to grow or raise whatever brings in the greatest profit. That often means choosing to grow beef for the rich rather than beans for the hungry. The land, labor and resources of the poor are often exploited in the process.

In developing countries, land desperately needed to grow indigenous foods is used to grow cash crops, animal feed and fodder, and livestock for export in order to service international debts.

-Two-thirds of the grain exported from North America to other countries goes to feed livestock. This livestock in turn goes to feed only those people who can afford it.

-One-quarter of the world's population uses 80-86 percent of the non-renewable resources and 34-53 percent of the food. In the United States, 230lbs of animals are consumed by each man, woman and child per year, while in India, animal consumption is less than 5lbs per person.



Thousands of children die everyday because of starvation

THE ENVIRONMENT

There is an unprecedented reaction by our society to the state of the environment. People are beginning to realize that we cannot continue to consume the Earth's resources at this rate if there is to be any hope for future generations. They make the choice to become vegetarian as a way of further reducing environmental destruction. Their arguments are as follows:

The raising of livestock is a major contributor to desertification and deforestation.

Animal agriculture demands tremendous amounts of fresh water. It takes less water to produce the food that a pure vegetarian needs for one year than to produce the food that a meat eater needs for a month.

The Earth's topsoil, which is essential for growth of plants, is being depleted more quickly than it is being formed. Animal agriculture contributed significantly to this critical situation.

Animals raised for food require intensive use of fossil fuels. Fuel is needed to transport animal feed, to heat animal shelters, and to transport animals to slaughter, meat packing plants and grocery stores. This heavy requirement for fossil fuels and, to a lesser extent, methane production by animals, contribute to global warming.

Large amounts of pesticides, herbicides and fertilizers used to grow feed for animals contribute to pollution when they make their way onto the land and into the water supply, with far-reaching effects.

The destruction of natural habitats to make room for animal agriculture contributes to the rapid rate of extinction of many plants and animals.

How To Be a Vegetarian In 10 Easy Steps

Whether it's for health, animal rights, politics, or any other reason, you, like many others, may be considering a vegetarian lifestyle. Here's some ways to get started, or at least start to get you thinking...

- 1) **READ!!!** Research. Explore. Get the facts. Start with John Robbins' *Diet for a New America* and you'll learn about the protein myth (vegetarians get enough protein) and the calcium myth (more is NOT necessarily healthier), and more. Read everything you can. Knowledge is power.
- 2) **THINK!** Think about the animals. Think about your body. Think about the Earth. And if you're not tired from all that thinking, consider how your food choices impact the people around you and the world. NO need to make any decisions. Just allow yourself time to ponder.
- 3) **TALK!** Talk to vegetarians. Talk to non-vegetarians. Ask questions. Share your thoughts. Join a club. Start a club. Hang out with vegetarians. Guaranteed you'll get an earful. Then do some more THINKING.
- 4) **SET GOALS!** Make a game out of it. Bet your friend you can go a whole month without eating at McDonald's or two weeks without eggs and cheese. When you win, reward yourself with a Rice Dream bar or some other treat. Setting goals can be serious or fun. It all depends on your attitude.
- 5) **COOK!** Learning to cook in a whole new way can be very exciting. Take a class. Get books from the store or library. Get "Vegetarian Times" magazine. Try out new recipes on your friends. Do potlucks. Allow yourself to get creative and play. Have some fun with it. You will see that meatless meals are not only possible, but limitless.
- 6) **EAT!** Make mealtime something special. Sit down. Maybe use good flatware and cloth napkins. Play nice music (don't distract yourself with books or TV) before you dig in, take a moment to be thankful. As you eat, chew carefully, really savor each bite. Slow down and notice the tastes and sensations. See how it really feels to experience food this way.
- 7) **LISTEN!** Try to be aware of your body's needs. Sleep when you're tired. Eat when you're hungry. Pay attention to your body - see what foods feel good and which don't. Notice how certain foods can drain your energy, mood, emotions, concentration, and sleep pattern. Respect your body. Learn the connection between what you put into your body and what you get out of it.
- 8) **EXPERIMENT!** Try other lifestyle changes. Consider fasting. Look into juicing. Explore macrobiotics or raw-food diets. Maybe take up a new sport, or try yoga, or jazz dance. Maybe start a journal or learn a new language. Whatever interests you, try it "as a vegetarian" and see if it feels any different.
- 9) **EXPERIMENT!** You may get resistance from friends and family. Be ready for it. Family dinners can be especially stressful as breaking "food traditions" is hard on everyone. Be strong, but not self-righteous. Trust yourself. Prepare, too, for your own self-doubts. Am I getting enough vitamins? Am I doing the right thing? This is normal. Relax. Talk to your friends or build a support group. Refer back to your books. And if you do "fall off the wagon," see how you feel and get back on. Give yourself room to be human, and time to adjust.
- 10) **CELEBRATE!** Mark the day you stopped eating meat in your calendar. Celebrate that day! Rejoice in your decision! Have a party or buy yourself a gift. Treat yourself to a massage - anything. Just realize that vegetarianism is an on-going process, and the journey is more than half the fun.

Historic Vegetarians

- | | |
|--|--|
| -Louisa May Alcott (author, <i>Little Women</i>) | -Sir C. V. Raman (Nobel prize winner) |
| -Clive Barker (author of <i>Hellraiser</i> series) | -Srinivassa Ramanujan (mathematician) |
| -William Blake | -Ruth Rendell (writer) |
| -Charlotte Bronte | -John Robbins (author, <i>Diet For a New America</i>) |
| -Leonardo Da Vinci | -Anthony Robbins (motivational speaker) |
| -Charles Darwin | -Jean Jacques Rousseau |
| -Thomas Edison | -Albert Schweitzer |
| -Albert Einstein | -George Bernard Shaw |
| -Ralph Waldo Emerson | -Seneca |
| -Amanda Feilen (writer and poet) | -Percy Shelley (poet) |
| -Henry Ford | -Socrates |
| -Henry Heimlich M.D. (created Heimlich maneuver) | -Benjamin Spock M.D. |
| -Steve Jobs (founder of Apple computers inc.) | -Chandrashekar Subrahmanyam (Nobel prize winner) |
| -Franz Kafka | -Nikola Tesla (inventor) |
| -Martin Luther | -Henry David Thoreau |
| -Milton | -Tolstoy |
| -Sir Issac Newton | -Mark Twain |
| -Ovid | -Voltaire |
| -Plato | -H.G. Wells |
| -Plutarch | -William Wordsworth |
| -Pythagoras | |

Living in Harmony with Vegetarians

by Alison Green
Seasoned Vegetarian

I concluded, after careful consideration, that eating meat was incompatible with my values, even though I loved meat and didn't care much for vegetables. I was sure that my taste buds would rebel, perhaps hold a beansprout or two hostage in my mouth until I paid a ransom of a burger or a strip of bacon.

Happily, it didn't work out quite the way I expected; my biggest problem as a vegetarian has not been the food - which I've found to be delicious and every bit as satisfying as meat - but the bewildering attitudes of my family and friends. Other vegetarians have the same complaints: the weird looks, the silly questions, the hostile interrogations. It seems vegetarians are a sadly misunderstood minority indeed. Thus, I've devised ten simple edicts for meat-eaters in their dealings with vegetarians:

Rid yourself of the idea that vegetarians are Spartans who subsist on raw carrots and bean sprouts. The question I hear more than anything else is "what do you eat?" This one baffles me; how would anyone with a reasonably varied diet answer that? I eat spaghetti, stir-fry, hummus, stew, raspberry sorbet, minestrone soup, salads, bean burritos, gingerbread, lentil chili, lasagna, tofu kabobs, waffles, veggie burgers, artichokes, tacos, bagels, rice, wild mushroom risotto... - what do you eat?

Learn some biology. I'm still not sure what to do with otherwise intelligent people who think that a chicken is not an animal. For the record, vegetarianism means no red meat, poultry, or fish - nothing with a face. I can't count the times that waiters have suggested seafood and chicken as a "vegetarian" entree.

Especially if someone is a vegetarian for ethical reasons, don't assume they would object to "just a little" meat in their meal. Would you accept "just a bit" of your cat, or "just a little" of Uncle Jim in your soup.

Quit lobbying for the meat industry. Carnivores seem to think that vegetarians are like dieters and that we want to cheat a little now and then. My mother is convinced of how good her roast beef tastes, that I'll give in and eat it. Friends try to give me "just a bite" of whatever meat product they're eating, on the premise that it's so good, I couldn't possibly pass it up. I sometimes think meat-eaters took their lessons in peer pressure from the bad kids in the anti-drug movies we used to watch in grade school. Listen up: no matter how "good" you insist it is, we're not going to eat it.

When a vegetarian gets sick, don't tell him or her it's because of malnourishment. From the comments I hear when I have the flu, you'd think that meat-eaters never get sick. When I get sick, there's always someone waiting to tell me that it's because of my diet. Studies have shown that vegetarians have stronger immune systems than meat-eaters.

Don't make faces at our food. Before you scrunch up your face at my tofu hot dog, think about what you're eating. Just because eating animals is widely accepted, it does not mean it's not gross.

Realize that we've probably heard it before. One of the funniest things about being vegetarian is the person who is positive that he has the argument that is going to change my mind. It's almost invariably one of these gems: a) "Animals eat other animals, so why shouldn't humans." (Answer: Most animals couldn't survive if they didn't do so. That's obviously not the case with humans. And since when do we look to animals for our standards of behaviour.) B) "Our ancestors ate meat." (Answer: Perhaps - but they also lived in caves, conversed in grunts, and had very limited choices of lifestyle. Supposedly, we've evolved since then.)

Despite popular opinion, you do not have the right to expect vegetarians to compromise personal beliefs for the sake of "politeness." People who would never dream of asking a recovered alcoholic to try their favorite vodka, or demand that someone who kept kosher have some bacon still think it perfectly reasonable to expect me to eat Aunt Sue's meatloaf because I adored it as a child and she would be ever so insulted if I didn't have some now.

Stop telling us humans that we have to eat meat; we're living proof they don't. People who otherwise respect my ability to take care of myself refuse to trust that I did not make the decision to become a vegetarian rashly. I've done plenty of research on vegetarianism - probably more than you've done on diet and nutrition - and I'm confident with the choice I've made. Are you aware of the studies showing meat-eaters are almost twice as likely to die from heart disease, 60% more likely to die from cancer, and 30% more likely to die from other diseases? I wouldn't be eating this way if research hadn't convinced me that vegetarianism is healthier and more ethical than eating meat; a more appropriate question might be whether you can back up your diet.

Now go forth and exult in your smooth dealings with vegetarians. You might find things so harmonious that you'll want to try vegetarianism yourself.



Features The Fall of Protein

by John Robbins
Diet For a New America

I remember sitting in elementary school. I can remember the teacher bringing out a nice coloured chart and telling us kids how important it is to eat meat and drink milk and get lots of protein. I'm listening to her, and looking at the chart which makes it all seem so simple. I believe my teacher, because I sense that she, herself, believes what she is saying. She is sincere. She is a grown-up. Besides, the chart is decorated and fun to look at. It must be true.

Protein, I hear, that's what's important. Protein...and lots of it. And you can only get quality protein from meat and eggs and dairy products. That's why they make up two of the four "basic" food groups on the chart.

That day at lunch I feel like doing something good for myself and the world, so I spend the ten cents I have left of my weekly allowance for another carton of milk.

Now I am an adult, and looking back, I know my teacher had all she could handle to keep control of the classroom and teach a few basics. When teaching aids were given to her that helped to get the class' attention, and help ease her burden, she was grateful. Not for a moment did it occur to her to wonder about the political dynamics that led to the development of those aids. Neither she nor any of us little kids could have imagined that the pretty chart was actually the outcome of expense political lobbying by the huge meat and dairy conglomerates. Nor could we have imagined the many millions of dollars which had been poured into the campaigns that produced those pretty charts. My teacher believed what she taught us and never for a moment suspected she was being used to relay industrial propaganda.

Our innocent and captive little minds soaked it all up like sponges. And most of us, as planned, have been willing and unquestioning consumers of vast amounts of meat and dairy products ever since. Even those few of us who have come to experiment with vegetarian diets are often still haunted by the voices of our teachers and lessons of those charts. When things aren't going well, a voice in the back of our minds whispers: "Maybe you aren't getting enough

protein..."

Of course, just because the concept of the "basic four" food groups was promoted by various animal industries, it does not necessarily mean that it is false. Just because there were hucksters in our classrooms doesn't mean the hucksters lied.

But it does mean that their motives were a little less pure than we thought, and their "concern" for our education a little more self-interested than we knew. It might cast a shadow upon the wisdom of unquestioningly accepting the "truths" we were taught. It might mean, for example, that we should consult sources of information less biased than the Egg Farmers or the Dairy Farmers of Ontario or others who applied so much political and economic pressure to get those nice pretty charts to say what they wanted them to say.

Since I've discovered that the Dairy Industry is the foremost supplier of "nutritional education" materials to classrooms in the U.S., and seen in a thousand other ways heavily by organizations specifically trying to promote the sale of animal products influence our "nutritional education," I've had to wonder whether we might have been misled about our protein needs. Feeling a little unsure, I've turned to the light of recent scientific research, to get a better understanding to get a better idea of what our protein needs might actually be.

I've found that not all authorities agree on a precise figure for our daily needs of protein, but their calculations do fall within a specific range. It is a range that runs from a low estimate of two-and-a-half percent of our total daily calories up to a high estimate of over eight percent. The figures at the high end include built-in safety margins and are not "minimum" allowances, but rather "recommended" allowances.

Interestingly, I have found that there is a great deal of controversy in the scientific community about the wisdom of including such safety margins. Not everyone thinks that it's necessary. One passionate nutritional commentator, Dr. David Reuben, spoke for many informed scientists when he was asked who it is that needs the extra 30% allowance of protein. He answered: "The people who sell meat, fish, cheese,

eggs, chicken, and all the other high prestige and expensive sources of protein. Raising the amount of protein you eat by 30% raises their income by 30%. It also increases the protein in the sewers and septic tanks of your neighbourhood by 30% as you merrily urinate away everything that you can't use that very day. It also deprives the starving children of the world the protein that would save their lives. Incidentally, it makes you pay 30% of your already bloated food bill for protein that you will never use. If you are an average American family, it will cost you about \$40 a month to unnecessarily pump up your protein intake. That puts another \$36 billion a year into the pockets of the protein producers."

Other people hold the view that the 30% safety margin is important to protect those few individuals whose protein needs are unusually high. But there needn't be any conflict if we bear biochemical individuality in mind. Clearly, some people, owing to their biochemical individualities, will need the extra 30%. But, just as clearly, others will need 30% less than the norm. Fortunately, we do not have to arrive at a single figure that would ostensibly be best for everyone.

Roger Williams, the biochemist and nutrient researcher who has probably contributed more to our understanding of biochemical individuality than any scientist alive, suggests that the range of protein needs among people may vary as much as four fold. Interestingly, a four fold range is just the span covered by the extremes of current scientific thinking. For if we top off the highest figures to make room for the extra protein needs of the most extreme cases, we have a spectrum ranging from two-and-a-half percent (at the low end) up to 10 percent (at the top). Scientists tell us that the protein needs of the majority of people would be easily met within that range.

Nature, it seems, would agree totally. Human mother's milk provides five percent of its calories from protein. Nature seems to be telling us that little babies, whose bodies are growing the fastest they will ever grow in their life, and whose protein needs are therefore at a maximum, are best served by the very modest level of 5% protein.

Vegetarian Musicians

-Bryan Adams
-Damon Albarn (lead singer of Blur)
-Rick Allen (Def Leppard)
-Fiona Apple (vegan)
-Joan Baez
-Blur
-Michael Bolton
-Kate Bush
-Terry "Geezer" Butler (Ozzy Osbourne Band)
-B52's
-Montserrat Caballe (opera singer)
-Belinda Carlisle
-Leonard Cohen
-Elvis Costello
-Dave Davies (the Kinks)
-Brad Delp (Boston)
-Des'ree (U.K. pop singer)
-Bob Dylan
-Melissa Etheridge
-Peter Gabriel
-Boy George
-Dizzie Gillespie

-Dave Goodman (original producer of Sex Pistols)
-Martin Gore (Depeche Mode)
-Kirk Hammett (Metallica guitarist)
-George Harrison
-Crissie Hynde
-Billy Idol
-Indigo Girls
-Eddie Jackson (Queensryche bassist)
-Daniel Johns (Silverchair)
-Jim Kerr (Simple Minds)
-Lenny Kravitz
-K D Lang
-John and Yoko Lennon
-Annie Lennox
-Lisa Loeb
-Sarah McLachlin
-Paul McCartney
-Meatloaf
-Natalie Merchant
-Larry Mullen Junior (U2)
-Olivia Newton John

-Sinead o'Connor
-Ozzy Osbourne
-Steve Perry
-Prince
-Seal
-Robert Smith (the Cure)
-Ringo Starr
-Eddie Vedder (Pearl Jam)
-Charlie Watts (Rolling Stones)
-Alan Wilder (Depeche Mode)
-Vanessa Williams
-"Weird Al" Yankovic



How to Win an Argument With a Meat-Eater

THE HUNGER ARGUMENT

Number of people worldwide who will die as a result of malnutrition this year: **20 million**.
 Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: **100 million**.
 Percentage of corn grown in North America eaten by people: **20**
 Percentage of corn grown in North America eaten by livestock: **80**
 Percentage of oats grown in North America eaten by livestock: **95**
 Percentage of protein wasted by cycling grain through livestock: **90**
 How frequently a child dies as a result of malnutrition: every **2.3 seconds**.
 Pounds of potatoes that can be grown on an acre: **40,000**
 Pounds of beef produced on an acre: **250**
 Percentage of North American farmland devoted to beef production: **56**
 Pounds of grain and soybeans needed to produce a pound of edible flesh from feedlot beef: **16**

THE ENVIRONMENTAL ARGUMENT

Cause of global warming: **greenhouse effect**
 Primary cause of greenhouse effect: **carbon dioxide emissions from fossil fuels**.
 Fossil fuels needed to produce meat-centered diet vs. meat-free diet: **3 times more**.
 Percentage of North American topsoil lost to date: **75**
 Percentage of U.S. topsoil loss directly related to raising livestock: **85**
 Number of acres of U.S. forest cleared for cropland to produce meat-centered diet: **260 million**.
 Amount of meat imported to North America from Central and South America: **300,000,000 pounds**.
 Percentage of Central American children under the age of 5 who are malnourished: **75**.
 Area of tropical rainforest consumed in every quarter-pound of rainforest beef: **55 square feet**.
 Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: **1000 per year**.

THE CANCER ARGUMENT

Increased risk of breast cancer for women who eat meat daily compared to less than once a week: **3.8 times**.
 For women who eat eggs daily as compared to once a week: **2.8 times**
 For women who eat butter and cheese 2-4 times a week: **3.25 times**
 Increased risk of fatal ovarian cancer for women who eat eggs 3 or more times a week vs. less than once a week: **3 times**
 Increased risk of fatal prostate cancer for men who consume meat, cheese, eggs and milk daily vs. sparingly or not at all: **3.6 times**

THE CHOLESTEROL ARGUMENT

Number of U.S. medical schools: **125**
 Number requiring a course in nutrition: **30**
 Nutrition training received by the average U.S. physician during four years in medical school: **2.5 hours**
 Most common cause of death in North America: **heart attack**
 How frequently a heart attack kills someone: **every 45 seconds**
 Average man's risk of death from heart attack: **50 percent**
 Risk of average man who eats no meat: **15 percent**
 Risk of average man who eats no meat, dairy or eggs: **4 percent**
 Average cholesterol level of people eating meat-centered diets: **210 mg/dl**
 Chance of dying from a heart disease if you are male and your blood cholesterol level is 210 mg/dl: **greater than 50 percent**

THE NATURAL RESOURCES ARGUMENT

User of more than half of all water used for all purposes in the U.S.: **livestock production**
 Amount of water used in production of the average cow: **sufficient to float a destroyer**
 Gallons of water needed to produce a pound of wheat: **25**
 Gallons of water needed to produce a pound of California beef: **5000**
 Years they would last if human beings no longer ate meat: **260**
 Calories of fossil fuel expended to get 1 calorie or protein from beef: **78**
 To get 1 calorie of protein from soybeans: **2**
 Percentage of all raw materials (base products of farming, forestry and mining, including fossil fuels) consumed by U.S. that is devoted to the production of livestock: **33**
 Percentage of all raw materials consumed by the U.S. needed to produce a vegetarian diet: **2**

THE ANTIBIOTIC ARGUMENT

Percentage of North American antibiotics fed to livestock: **55**
 Percentage of staphylococci infections resistant to penicillin in 1960: **13**
 Percentage resistant in 1988: **91**
 Response of European Economic Community to routine feeding of antibiotics to livestock: **ban**
 Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: **full and complete support**

THE PESTICIDE ARGUMENT

Common belief: **Government agencies protect our health through meat inspection**
 Reality: **fewer than 1 out of every 250,000 slaughtered animals is tested for toxic chemical residues**
 Percentage of U.S. mother's milk containing significant levels of DDT: **99**
 Percentage of U.S. vegetarian mother's milk containing significant levels of DDT: **8**
 Contamination of breast milk, due to chlorinated hydrocarbon pesticides in animal products, found in meat-eating mothers vs. non-meat-eating mothers: **35 times higher**
 Amount of Dieldrin ingested by the average breast-fed American infant: **9 times the permissible limit**

THE ETHICAL ARGUMENT

Number of animals killed for meat per hour in the U.S.: **660,000**
 Occupation with highest turnover rate in U.S.: **slaughterhouse worker**
 Occupation with highest rate of on-the-job-injury in North America: **slaughterhouse worker**

Vegetarian Quotations

"While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this Earth?"

- MARK TWAIN

"Nothing will benefit human health and increase the chances for survival on Earth as much as an evolution to a vegetarian diet."

- ALBERT EINSTEIN

"The greatness of a nation can be judged by the way its animals are treated."

- MAHATMA GANDHI

*"When Health is absent
 Wisdom cannot reveal itself,
 Art cannot be exerted,
 Wealth is useless and
 Reason is powerless."*

- HEROPHILUS, 300 B.C.

"Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into a mighty oak! Bury a sheep and nothing happens but decay!"

- GEORGE BERNARD SHAW

"I have from an early age abjured the use of meat and the time will come when men such as I will look on the murder of animals as they now look on the murder of men."

- LEONARDO DA VINCI

"I have no doubt that it is part of the destiny of the human race in its gradual development to leave off the eating of animals, as surely as the savage tribes have left off eating each other when they came into contact with the more civilized."

- HENRY DAVID THOREAU

"People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering others as this has also been done since the earliest of times."

- ISAAC SINGER

"My refusing to eat flesh occasioned an inconvenience, and I was frequently chided for my singularity, but with this lighter repast I made the greater progress, from greater clearness of head and quicker comprehension."

- BEN FRANKLIN

"You put a baby in a crib with an apple and a rabbit. If he eats the rabbit and plays with the apple, I'll buy you a new car."

- HARVEY DIAMOND

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Les Maux du rédacteur

... Mais pas trop près de chez nous

Gérald D. Woodard
Rédacteur Francophone

Il y a beaucoup de discussion ces derniers temps, dans la communauté sudburoise, au sujet des matériaux nucléaires qui devraient être transportés à Chalk River. Ces matériaux, venant d'armes nucléaires américaines, passeraient par Sudbury en chemin pour Chalk River cet automne.

Beaucoup croient que nous ne devrions pas permettre que les matériaux passent par notre ville. On craint le pire... un accident, un feu, un désastre quelconque. On dit qu'il faut trouver un autre chemin pour les transporter.

Ça m'étonne toujours comment les gens peuvent penser qu'à eux-mêmes et à leurs propres petites vies sans voir plus loin. On exige auprès des gouvernements un désarmement, mais on ne veut point que cela ait un effet quelconque sur sa vie. C'est ce que l'on appelle, en anglais, « the not in my backyard syndrome ». Tout le monde veut que l'on règle les problèmes du monde mais surtout « ne vient pas déranger mon existence avec ça ».

Mais par où irait-on au lieu? Par une communauté avoisinante? Mieux que ce soit eux que nous, peut-être? Il faut que ces matériaux soient transportés, et pour faire cela il faut passer par des communautés. Qui sommes-nous pour dire que nos intérêts sont plus importants et qu'ils doivent peser plus dans la balance que celles de nos voisins?

Il faut dire que nous vivons dans un monde égoïste. J'ai vu la même chose se passer au Québec il y a plusieurs années quand le SIDA commençait à se faire connaître. Tout le monde était effrayé et disait qu'il fallait faire de quoi pour aider ces gens. Mais quand venait le temps de faire quelque chose, c'était une autre histoire. Chaque fois que quelqu'un proposait une résidence pour ceux qui souffraient du SIDA, où ils pourraient recevoir les soins nécessaires, tous les résidents dans le coin criaient qu'ils ne voulaient pas que ce soit dans leur communauté. On commençait à parler des effets néfastes d'une telle résidence dans la communauté, comme si c'était la peste que l'on y voulait introduire.

Réveillons-nous !! Arrêtons de nous cacher la tête dans le sable comme un des autruches peureuses et agissons. Si nous continuons à dire « ... mais pas trop près de nous » rien ne se ferait. Les malades resteront malades, les armes nucléaires continueront à s'accumuler et nous allons nous détruire peu à peu. Le risque que représente un montant minable de matériaux nucléaires est très petit si l'on le compare à l'alternatif. En tant que Canadiens, nous sommes sensés être des ambassadeurs de paix dans le monde. Si nous refusons le désarmement parce que nous ne voulons pas déranger nos petites vies nous ne sommes pas mieux que ceux qui fabriquent les armes.

Le temps est venu de changer notre attitude. C'est le temps de nous réveiller et de dire : « le sacrifice est petit et nous sommes prêts à le faire afin d'améliorer notre monde. Et si, au cours du procès, il faut que nous fassions notre part, nous la ferons. Ainsi, en travaillant de concert avec tout le monde, nous verrons le jour où ces choses seraient du passé.



L'Usage Français

Cette rubrique est consacrée aux nuances de la langue française. Elle fournira, grâce à des extraits du *Langagier* du Département de Français, des clarifications sur l'usage, correct et incorrect, de certains mots et combinaisons de mots. Ici, l'on retrouvera aussi, parfois, de petits jeux de mots pour vous amuser. Si vous avez des mots sur lesquels vous voulez être éclairés, faites-les parvenir au Lambda ou au *Langagier* (Département de Français). Nous voulons remercier le rédacteur du *Langagier*, le Docteur Pascal Sabourin, pour sa coopération.

(dissoudre) (invalider), — un jugement (casser) (invalider) (infirmer), — un contrat (résilier) (révoquer), — une dette (éteindre), — ses engagements (contremander) (décommander), — une loi (révoquer) (abroger), etc. Pour chacun des exemples ci-dessus, le français possède deux ou trois termes quasi synonymes qui ajoutent une nuance particulière selon le contexte. Ce cas est une merveilleuse illustration de la richesse et de la précision de la langue française par rapport à l'anglais. (Le *langagier*, numéro 17, mars/avril 1996)

CANCELLER (un rendez-vous...)

Cherchez dans les dictionnaires modernes et vous ne trouverez rien qui ressemble à cet anglicisme, sauf peut-être *cancel*, n. m., qui était un lieu entouré d'une balustrade où était déposé le grand sceau de l'État. Ce terme a évolué en *chancel*, la barrière séparant le chœur des autres parties d'une église. Le terme *chancelier*, la personne qui a la garde des sceaux, contient la même idée d'entourer pour protéger, garder.

Il est intéressant de noter que *cancel* existait en ancien français (du latin *cancelarius*) et que c'est à cette époque que l'anglais l'a emprunté au français. Cependant, *cancel* a disparu de l'usage après l'apparition de *annuler* au XIII^e s., venu du latin ecclésiastique *adnullare* « rendre nul, rendre sans effet ».

Si le français moderne a perdu *cancel*, cela ne signifie pas pour autant que notre langue manque de termes pour exprimer le concept équivalent à *to cancel*. Voici quelques exemples. Annuler un rendez-vous (décommander); — un mariage

ÉVÉNEMENT (deux accents aigus)

Le *Langagier* lisait récemment un manuel d'orthophonie rédigé et publié en France et dans lequel ce terme était écrit avec un accent aigu et un accent grave. Et nous qui pensions être les seuls à commettre ce genre d'erreur! Il est vrai que le *Robert* relève les deux formes au début de l'article sur *Événement*, mais le dictionnaire se garde bien d'écrire *événement* dans les 38 lignes qui constituent l'article!

Le glissement vers l'accent grave sur le deuxième «e» vient du fait que *événement* a été formé sur le modèle *avènement*. De plus, la prononciation du mot ne correspond pas exactement à son orthographe : en langue parlée, on entend plutôt *évènement* que *événement*. Enfin, remarquons que le terme qui a précédé *événement* en français était *event* (vous apercevez le lien avec l'anglais *event*, mot issu de la même souche latine *eventus*, p. P. De *evenire*). (Le *langagier*, numéro 17, mars/avril 1996)

Communiqué

À tous les étudiants
****qualifiés de quatrième année et aux étudiants dans leur première, deuxième et troisième année aux cycles supérieurs :** les formulaires de demande pour les bourses d'études supérieures de l'Ontario (OGS) et du CRSNG sont maintenant disponibles à l'école des études supérieures et de la recherche L-808A.

Les dates limite pour les demandes de bourses sont :

1. OGS le 7 octobre 1999
2. CRSNG le 21 octobre 1999

****SEULEMENT** les étudiants ayant obtenue une moyenne d'au moins A- (80%), ou l'équivalent, au cours de chacune de leur deux dernières années d'études postsecondaires complètes peuvent faire demande (extrait tiré de la brochure intitulée 'Régime de bourses d'études supérieures de l'Ontario').

Gérald D. Woodard
Rédacteur Francophone

Je suis resté quelque peu surpris de voir la lettre d'un M. Collins, étudiant à la Laurentienne, dans les pages du dernier numéro du Lambda. Quoique cette lettre ait été écrite en anglais, je ne pouvais que répondre. La lettre portait sur notre (à voir les étudiants) cotisation annuelle en tant que membres de la Fédération canadienne des étudiantes et étudiants. Il semblerait que M. Collins s'ennuyait par un beau soir et s'est occupé à compter les sous qui ne lui restait plus.

Il avait fait le tri de ces sous, les frais qu'il avait versés en tant qu'étudiant, et était outré de voir qu'il avait donné 11 \$ à la FCÉE. Si monsieur avait lu un peu au sujet de son association avant de s'inscrire à la Laurentienne il aurait vu qu'elle était membre de la FCÉE et que, en conséquence, il le serait lui aussi.

Mais, reste sa question : à quoi sert son argent? Ce n'est point compliqué, monsieur. Ça sert à vous aider et à rendre votre pauvre existence d'étudiant un peu plus agréable et un peu moins chère. La FCÉE

travaille pour assurer que nous ne payions pas des droits de scolarité de fou; elle nous fournit gratuitement une carte internationale d'étudiante qui nous permet de voyager à prix réduit, une carte qui vaut 16 \$ (vous avez déjà épargné 16 \$, monsieur !); la FCÉE gère la compagnie Voyage Campus qui s'efforce d'offrir aux étudiants des voyages de bon marché; en quelques mots, la FCÉE utilise notre argent pour nous aider.

Si nous voulons que nos droits soient respectés, il faut que nous les défendions. Pour ce faire, ça prend une organisation nationale qui peut s'en occuper (nous sommes bien trop occupés à faire nos devoirs pour en avoir le temps, non?). Mais notre société est telle que seul l'argent parle assez fort pour se faire entendre. L'organisation doit, donc, en avoir assez pour répondre à ce besoin. C'est là le malheur d'un système politique tel le nôtre.

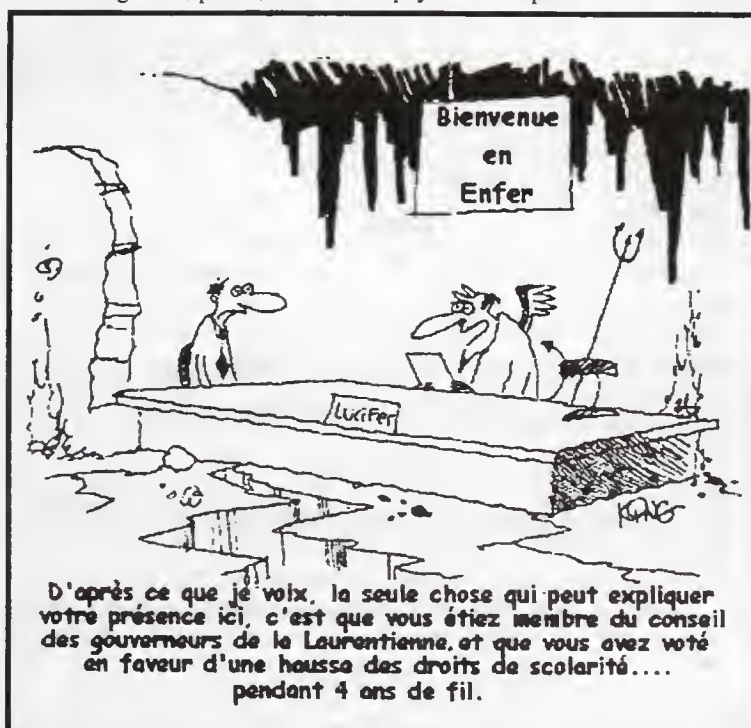
Si ce n'était pas pour la FCÉE et leur travail nous beaucoup d'étudiants ne seraient pas ici faute d'argent pour payer des droits de fou. Alors, vos 11 \$, dont vous vous inquiétez tellement, servent comme bon investissement. Oui, vous allez être privé de trois ou quatre bières

La FCÉE et vous

pendant l'année, mais vous n'avez qu'à réfléchir sur ce que cela vous donne.

Enfin, Monsieur Collins, si vous cherchez un bouc émissaire sur qui vous pouvez mettre la faute de votre manque de sous, ne regardez pas les 11 \$ que vous avez donné à la FCÉE. Regardez, plutôt, Monsieur

Harris et son gouvernement et les augmentations des droits au cours des dernières années. Vous payez les yeux de la tête pour un réseau d'éducation dont le gouvernement se moque. Ne vous inquiétez pas des quelques dollars que vous remettez en cotisation. Pensez à ce que vous payeriez à sa place.



D'après ce que je vois, la seule chose qui peut expliquer votre présence ici, c'est que vous étiez membre du conseil des gouverneurs de la Laurentienne, et que vous avez voté en faveur d'une hausse des droits de scolarité.... pendant 4 ans de fil.

Cinéfest '99

Les Boys II

Lions Gate Films

Dans *Les Boys II*, nous retournons voir notre équipe de hockey préférée. La rigolade est au menu et c'est servie à volonté.

Dans cette séquelle au film *Les Boys*, les gars de cet équipe de garage sont partis en France afin de participer dans un tournoi d'hockey amateur. Entouré du beau paysage des alpes françaises, les boys connaissent des expériences qui leur ouvrent les yeux sur des réalités du monde et qui font rigoler les spectateurs.

Arrivés en France pleins d'espoir et les esprits hauts, ils se font vite dégonflés et sont ramenés sur terre pour se rendre compte que les choses sont bien différentes là-bas. Dans un monde où ils ne peuvent même pas reconnaître les marques de bière (quel malheur, imaginez!), ils se voient obligés à s'adapter. Et certains le font aisément, tombant même amoureux du pays... et des citoyennes!

Si vous avez vu *Les Boys*, vous devez absolument voir *Les Boys II*. Le saga de ces «athlètes» est à suivre de près, et c'est garanti que vous ne regretterez pas d'y avoir été. Si vous n'avez pas vu le premier, n'inquiétez-vous surtout pas. L'histoire est simple et vous allez la suivre facilement et avec grand plaisir. Ce n'est pas pour rien que ce film ait été choisi comme un des galas. C'est un bon film que tout le monde peut aimer. Allez-y!!



Romance

Odeon Films

Caroline Ducey, dans le rôle de Marie, est une femme dont le mari a opté pour l'abstinence sexuelle. Frustrée par un manque de satisfaction sexuelle, Marie se tourne au monde pour en chercher. C'est là le fil d'une histoire triste et «noire» que présente le film *Romance*.

Un film qui fait fureur en France actuellement, *Romance* est un film qui présente des images quelque peu troublantes et, parfois, bien crues. Dans sa recherche de satisfaction, Marie tombe entre les bras d'inconnus et même de son patron. Elle fait des expériences de sadomasochisme et elle s'interroge sur les relations humaines et sur la mentalité masculine. Marie est une femme bien triste et bien malheureuse. Elle ne sait pas où se tourner, et le manque de toute affection de la part d'un mari égocentrique - qui semble, d'ailleurs, beaucoup plus heureux tout seul - fait qu'elle se pose des questions de façon bien franche sur les relations personnelles et les négociations cruelles de pouvoir que ces relations représentent. Elle se demande «pourquoi les hommes qui nous dégouttent nous comprennent mieux que ceux qui nous aiment.»

Mais ce qui me frappait le plus de ce film n'était point l'histoire, mais plutôt le montant de sexualité crue qu'il contenait. Si ce film avait été à louer dans un club vidéo adulte (oui, il y avait suffisamment de sexualité pour que ce soit le cas) une grande partie des gens l'aurait évité comme la peste et certains auraient même dit que cela représentait une affronte contre les mœurs de la communauté. Mais, comme le film a été présenté au sein d'un festival international, on le présentait comme art et la salle était pleine.

Si vous cherchez à visionner une belle histoire d'amour, ceci n'est pas le film à voir, malgré son titre. Restez plutôt à la maison et louez *Titanic*. Mais si vous voulez un film sombre qui fait réfléchir, et si vous n'êtes gênés par des représentations sexuelles où rien n'est caché, allez voir *Romance*.

Court métrages animés
de l'ONF

l'Office national du film

Présenté à l'occasion du 60^e anniversaire de l'Office national du Film du Canada, cette collection est une rétrospective de l'histoire de l'ONF. Elle comprend onze de ses meilleurs court métrages qui ont remporté, entre eux, au-dessus de 100 prix pour des court métrages.

Quoique certains des films dans cette collection étaient unilingues anglais, j'ai décidé que je devais quand même l'inclure dans mes revues si ce n'est que pour l'importance du rôle de l'ONF et de ces productions dans notre histoire.

Un mélange de productions sérieuses et de productions humoristiques, cette collection nous offre une bonne vue d'ensemble de l'oeuvre de l'ONF. Elle est parfois amusante et parfois sérieuse. Avec des textes de grands écrivains canadiens tel Stephen Leacock (*My Financial Career*) et Mordecai Richler (*The Street*), elle nous fait rire, mais elle nous fait aussi songer.

On y voit des histoires qui porte sur la manière dont on traite les membres âgés de nos familles (*The Street*), et l'on voit des histoires insolites, sans paroles, comme *A Chairy Tale*, histoire d'une chaise qui refuse que l'on s'assoie dessus. Aussi compris dans la collection est le film *Every Child*, encore sans parole. C'est l'histoire d'un bébé qui apparaît devant la porte d'un homme pour ensuite être passé d'une maison à une autre pour enfin être recueilli par deux clochards. Le film a été inspiré de la déclaration de l'Unicef qui dit «L'enfant a droit, dès sa naissance, à un nom et à une nationalité.» et a gagné un Oscar pour court métrage.

Un bon film pour la famille, les court métrages de l'ONF est un exemple brillant de ce que nous pouvons faire au Canada dans le domaine des arts.



Le grand serpent du monde

l'Office national du film du Canada

Murray Head, dans le rôle de Tom Paradise, est un homme de la quarantaine qui jure que le bonheur se trouve sur la grande route et entre les pages du roman de Jack Kerouac, *Sur la route*.

Tom est chauffeur d'autobus qui aime partager ses philosophies de la route avec ses passagers, mais qui a de la misère à accepter les choses de sa vie, telle sa relation avec son amie et ses engagements envers son père âgé.

Mais sa vie est beaucoup changée par la rencontre d'Anaïs, une jeune passagère dans l'autobus et une autre partisane de Kerouac. En elle, Tom voit son propre reflet. Les deux tombent quelque peu amoureux l'un de l'autre. Ils décident de partir ensemble en voyage au Mexique, mais, avant de partir, il y a des surprises et des réalités qui les attendent.

Un excellent film qui traite des difficultés qui se trouvent dans le vieillissement, ceci était, de mon humble avis, l'un des meilleurs films que j'ai vus pendant tout le Cinéfest. Murray Head est excellent et convaincant dans son rôle. Gabriel Arcand, qui joue le rôle d'un passager habituel dont on ne connaît jamais le nom, on l'appelle Monsieur, nous donne une performance extraordinaire. Il fournit des commentaires à la fois drôles et bien profonds.

Ce film en est un dans lequel je me suis vu en tant que nomade qui a toujours eu de la difficulté à rester dans une place. Si vous n'avez vu qu'un film pendant Cinéfest, j'espère pour vous que c'était celui-ci.



Cinéfest '99

Elvis Gratton II : Miracle à Memphis

Lions Gate Films

Dans ce film de Pierre Falardeau, Julien Poulin joue le rôle de Bob "Elvis" Gratton, un imitateur du "roi" qui est mort dans le premier film et, dans cette séquelle, est ressuscité trois jours après. Comme il n'est que la deuxième personne à faire ceci en deux mille ans, le média saute sur son histoire. Devenu célèbre, Bob Gratton, avec son frère Méo à ses côtés, lance une carrière mondiale dans la musique grâce à l'aide d'un promoteur "américain".

Quoique le film soit rigolo parfois, l'histoire en elle-même n'est pas très captivante. La comédie de ce film est son plus grand attrait. On rit à fou tout le long du film à voir Gratton, dont il faut dire que le QI n'est pas très impressionnant, se mêler dans le monde des affaires.

Certains disent que ce film est un "pamphlet politique" de Falardeau, qui aurait voulu se venger après que le fédérale ait refusé de subventionner son film sur les patriotes. Quoique l'on puisse voir beaucoup de critique sociale dans ce film, je ne suis pas certain que ce soit le cas.

Il faut dire que ce film ne m'a pas beaucoup impressionné. L'histoire est faible et, malgré l'abondance de moments drôles, je l'ai trouvé long à visionner. La meilleure partie du film, à mon avis, était une conversation, insérée vers la fin du film, entre Pierre Falardeau et Julien Poulin où ils discutent des possibilités pour la fin du film. C'est là que l'on comprend plus le côté critique du film. Mais s'il le faut expliquer peut-être il est trop caché.

Si vous aimez rire, ceci est un film à voir. Mais si vous vous tenez à un fil d'histoire, réfléchissez-y avant de payer le prix du billet.



Quand je serais parti... vous vivrez encore

Compagnie France Film Inc.

Dans ce film historique, le directeur Michel Brault nous présente l'histoire des patriotes du Bas-Canada (Québec) de la fin des années 1830. François-Xavier Bouchard (Francis Reddy) est le personnage central du film. Revenu en secret des États Unis après un exil, Bouchard se lance de nouveau dans la bataille pour les droits des français contre les forces britanniques. Les aspirations nationales du peuple français de l'époque sont fortes et, avec ses amis, il veut les réaliser. Mais les forces opposantes sont trop fortes et les patriotes se font ruer et capturer.

Une condamnation tranchante des injustices commises par les forces britanniques du Bas-Canada, ce film doit être placé sur un niveau comparable à celui de *La liste de Schindler*, si non pour la qualité du film alors pour l'importance du sujet traité. Le film supporte bien le rôle de mémoire collective que le cinéma doit occuper.

Ceci est un film à voir par tous les Canadiens qui ne comprennent pas les aspirations et les revendications du peuple québécois. Il nous démontre pourquoi les Québécois se sentent "un peuple conquis" et non quelqu'un qui avait perdu une guerre. On y voit jusqu'où les autorités britanniques sont allées afin d'assurer que les patriotes ne recevaient pas un procès juste. On y voit la mentalité britannique face au peuple français qu'ils considéraient comme étant "arriéré, sans histoire et sans littérature".

Nous ne pouvons peut-être pas changer le passé mais, grâce à des films comme *Quand je serais parti...*, nous pouvons reconnaître nos erreurs du passé dans l'espoir de ne plus les commettre de nouveau.



Souvenirs intimes

Lions Gate Films

Nous essayons tous, parfois, d'oublier les choses du passé, de les mettre derrière nous et de dire que c'est fini, que nous n'avons plus besoin de nous en occuper. Mais ce n'est pas nécessairement le cas. Après ce film inspirant, le spectateur sort du cinéma avec la réalisation que l'on ne peut point oublier le passé, que ce serait toujours là, caché dans les ombres, à l'attente d'une opportunité pour se déclarer.

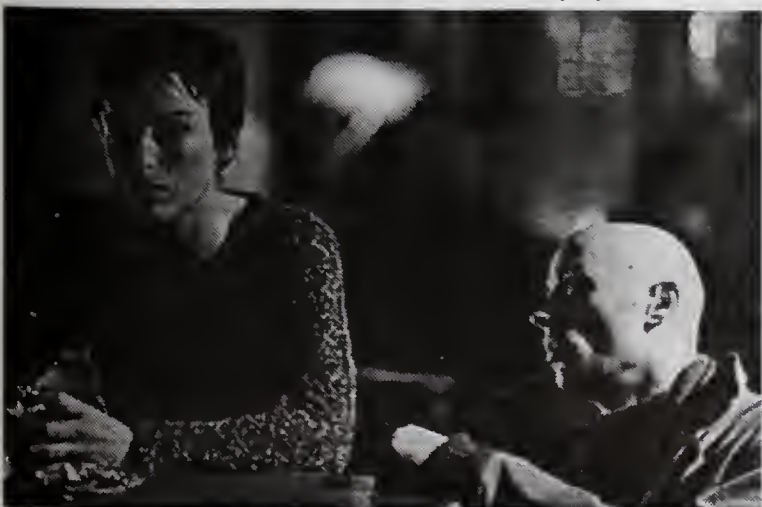
Inspiré du roman *L'homme invisible à la fenêtre*, de Monique Proulx, *Souvenirs intimes* est l'histoire d'un homme dont la vie semble être parfaite. Il est peintre talentueux, il vit dans un luxueux loft, et il a un groupe d'amis sur qui sa vie est centrée. Il partage sa joie de vivre et ses conseils avec ses amis et, malgré avoir perdu l'usage de ses jambes suite à un accident, rien ne semble le déranger.

Mais, d'un coup son passé revient à la surface, grâce à la visite d'une femme qui menace de virer son monde sens dessus dessous.

James Hyndman est superbe dans le rôle de Max. Il livre une performance qui fait ressentir l'émotion du drame personnel que vit Max. Et Pascale Bussièrès, dans le rôle de la femme fatale, Lucie, brille sur l'écran.

Voici une histoire d'erreurs lointaines et du besoin de se réconcilier avec ces erreurs et de faire récompense. Les personnages doivent apprendre à pardonner, eux-mêmes que l'autre.

Une belle histoire de résolution de problèmes personnels, ce film est captivant a été délicieux. L'un des meilleurs films que j'ai vu.



SUPER SOIRÉE FRANCO-PUB

L'Association des étudiantes et étudiants francophones de l'Université Laurentienne présente:

- Vandou (Yves Doyon et Pandora Topp)
- Lia Roy (de Matante Florence)
- Julie Houle.

Ce super spectacle aura lieu le **vendredi le 15 octobre**, à 21h, au Big Thunder (centre-ville de Sudbury).

Coûts: 4\$ (membres de l'AEF)
6\$ (grand public)

*Si vous apportez une boîte de conserve pour la banque alimentaire de l'Université Laurentienne, vous économiserez 2\$ sur le prix de votre billet.



Pour de plus amples renseignements, vous n'avez qu'à communiquer avec le bureau de l'Association des étudiantes et étudiants francophones.

Téléphone: (705) 673-6557

Courriel: aef@nickel.laurentian.ca

Intramural Briefs

Unknown Contributor

Women's Intramural Slo-pitch Tournament

On Sunday, September 26th, 1999, three teams came out to participate in this year's women's slo-pitch tournament at the Terry Fox Complex. Although, the turn out was not as we expected, the women were enthusiastic and ready to play ball. This year's tournament was followed by a round robin format, in which each team faced each other once, and were guaranteed a total of two games throughout the day, not including the finals.

In the championship game the U of S Stokers 'A' played the USSR Sluggers, leaving Huntington in third place. The U of S Stokers 'A' came out on top for the second year in a row. Lisa from the U of S Stokers 'A' won the homerun competition, being the first and only one to pound one over the fence. Lisa also won the MVP award because of her phenomenal skills, her drive and her determination to succeed. Deanna, from the winning team, won the sportsmanship award, and Kate from Huntington won the first injury award.

The convenors would like to send a special thanks to all the participants, the sponsors, the fans, and the officials who made this tournament possible. We hope you had a wonderful weekend and hope to see you back next year.

Men's Intramural Slo-Pitch Tournament

On Saturday, September 25th, five teams came out to participate in this year's men's intramural slo-pitch tournament at the Terry Fox Complex. The teams started battling it out at 9am sharp. This year's tournament followed a round robin format, in which each team faced each other once, and was granted a total of four games throughout the day, not including the finals.

In the championship the U of S Stokers 'A' faced the Bush Leaguers. These two phenomenal teams fought for the title right into the last inning, but the Bush Leaguers managed to pull ahead to for the win.

The winning team received a free game of mini-putt, donated by King Kone on Regent Street. Murphy was the winner of the homerun competition as he pounded two out of the park. Steve won the MVP award, Sean the first injury of the day, and Josh won the sportsmanship award.

The convenors would like to thank everyone for their support and help throughout the tournament. This year's tournament was a great success. A huge thanks goes out to all the sponsors.

Editor's Note: If you are our 'Unknown Contributor' could you please attach your name and phone number so we can give you proper credit for your work!

Mat Thompson
Editor-In-Chief



Laurentian Vees Captain Steve Wilson on the field (L) and drinking with a few friends (R).

Photos by Richard Guillemette

OUA SOCCER STANDINGS

As of Monday, September 27, 1999

| School | Games | Wins | Ties | Losses | For | Against | Points |
|-----------------------|-------|------|------|--------|-----|---------|--------|
| Division: East | | | | | | | |
| Carleton | 6 | 5 | 0 | 1 | 20 | 7 | 15 |
| Toronto | 6 | 4 | 2 | 0 | 15 | 5 | 14 |
| Queens | 6 | 4 | 1 | 1 | 16 | 6 | 13 |
| Laurentian | 6 | 3 | 1 | 2 | 10 | 10 | 10 |
| York | 5 | 3 | 0 | 2 | 16 | 4 | 9 |
| Ryerson | 7 | 1 | 0 | 6 | 8 | 22 | 3 |
| Nipissing | 6 | 1 | 0 | 5 | 4 | 24 | 3 |
| Trent | 6 | 1 | 0 | 5 | 5 | 16 | 3 |
| Division: West | | | | | | | |
| Western | 5 | 5 | 0 | 0 | 15 | 2 | 15 |
| Laurier | 5 | 3 | 1 | 1 | 7 | 1 | 10 |
| Guelph | 5 | 3 | 0 | 2 | 7 | 4 | 9 |
| Windsor | 6 | 1 | 3 | 2 | 3 | 8 | 6 |
| McMaster | 5 | 2 | 0 | 3 | 6 | 8 | 6 |
| Brock | 5 | 1 | 1 | 3 | 4 | 10 | 4 |
| Waterloo | 5 | 0 | 1 | 4 | 1 | 10 | 1 |



Photo by Richard Guillemette

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Laurentian Varsity Sports Schedule for October

DATE **Teams** **Time** **Location**

Men's Basketball

| | | | |
|---------------|-----------------------|-----------|----------|
| Sat. Oct. 16 | Alumni vs. LU | 3 pm | Sudbury |
| Thu, Oct. 21 | LU Vs Golden Bear T. | | Edmonton |
| Sat, Oct. 23 | " " | | Edmonton |
| Fri., Oct. 29 | Voyageur Invitational | (See | Sudbury |
| Sun, Oct. 31 | " " | Schedule) | Sudbury |

Women's Basketball

| | | | |
|---------------|--------------------------|------|-----------|
| Sat, Oct. 16 | Alumni Vs LU | 1 pm | Sudbury |
| Fri., Oct. 22 | Laurentian Invitational | | Sudbury |
| Sun, Oct. 24 | " " | | Sudbury |
| Thu, Oct. 28 | Laurentian at St. Mary's | | Halifax |
| Fri., Oct. 29 | Laurentian at Memorial | | St. Johns |
| Sun, Oct. 31 | " " | | St. Johns |

Cross Country

| | | | |
|--------------|-----------------------|------|----------|
| Sat, Oct. 2 | Waterloo Open | 11am | Waterloo |
| Sat, Oct. 16 | Queen's Open | 1 pm | Kingston |
| Sat, Oct. 30 | OUA Championship @ LU | 1 pm | Sudbury |

Men's Hockey

| | | | |
|---------------|------------------------------|--------|---------------|
| Fri., Oct. 1 | Laurentian at Northern Mich. | 7:05pm | Marquette, MI |
| Sat, Oct. 2 | Laurentian at Michigan Tech | 7:05pm | Houghton, MI |
| Sat, Oct. 9 | Cambrian at Laurentian | 7:30pm | Sudbury Arena |
| Sun, Oct. 10 | Humber College at Laurentian | TBA | Sudbury Arena |
| Fri., Oct. 15 | Laurentian at Humber College | 2:45pm | Toronto |
| Sat, Oct. 23 | Western at Laurentian | 1:45pm | Sudbury Arena |
| Sun, Oct. 24 | Windsor at Laurentian | 1:45pm | Sudbury Arena |
| Fri., Oct. 29 | Laurentian at Waterloo | 7:30pm | Waterloo |
| Sat, Oct. 30 | Laurentian at Laurier | 7 pm | Waterloo |

Athletes of the Week

Laurentian Male Athlete of the Week

This week's Male Athlete of the Week is Voyageur's Soccer player Dan Falcioni. Dan was pivotal in Laurentian picking up two victories this past weekend for the Men's Soccer Vees. On Saturday, Dan scored two goals to crush Ryerson and he blasted another on Sunday to upset Queen's in their first loss of the year. Dan is a first year engineering student and has already scored four goals this year for the Voyageurs.

Laurentian Female Athlete of the Week

Janna Dozzi, an assistant captain for the Lady Vees Soccer team has been picked the Female Athlete of the Week. Janna played very well in the Voyageurs' 2-1 defeat of Nipissing last Sunday. Janna is a midfielder for the Lady Vees and is also an MBA student at Laurentian. She has been a leader on the Lady Vees all year and truly deserves this honor.

Martial Arts at Laurentian

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GET ULTIMATE!

Intramural Ultimate Frisbee Is Underway!
Come out and see your friends Get Ultimate!
October 4-6 and 12-14 @ 4:30pm

Lambda is still in desperate need of Sports Writers! If you like to go to varsity games, why not write about it??
Make your student newspaper's Sports Section the one to read.

RALPH'S

LU'S PARTY HEADQUARTERS

Official Laurentian Pub Night!!!

Thursday, September 30th

Huntington VS U of S



The Paddy Wagon Will Pick Up Students at Huntington @ 10:45pm.

Come Out and Support Your Residence and Party Hard at Ralph's!

* * * * * 2140 REGENT ST. SOUTH * * * * *



Soccer Vees Tear Ryerson and Queen's A New One!

by Mat Thompson
Editor-In-Chief

When all hope for another great season by the Laurentian Men's Soccer Vees seemed lost, the Vees pull off a weekend of total domination over both the Ryerson Rams and the Queen's Golden Gaels. This past weekend, once again, the Laurentian Voyageurs have lived up to their amazing victorious past.

On Saturday, September 25th the Voyageurs not only beat, but they shut out those poor little Ryerson Rams by a score of 3-0. Scoring for the Laurentian team were #14 Scott Skinner and Dan "The Man" Falcioni who blasted two goals to help put the Rams to shame.

At the half, Laurentian was already leading 1-0 and completely obliterated the Rams by scoring two

more goals in the second half, almost taking three if the crossbar was just a little higher. The Saturday game evened the Voyageurs' record at 2-2-1, but the weekend was nowhere near over!

After their amazing win on Saturday, the pumped up Voyageurs fought hard and came from behind to beat the Queen's Golden Gaels. The loss was the first for the Gaels this

year, which once again reminded them that Laurentian Soccer is where it's at!

Scoring for the Voyageurs this time were #2 Mike Massimiliano, and once again #16 Dan Falcioni who is now in tight competition with Steve Wilson for most goals this season. A great effort was made by all the players including Goalkeeper Matt De Diana who made a huge save

in the final seconds of the game to clinch the Voyageur win.

The Laurentian Men's Voyageur Soccer Team are now on a three game winning streak solidifying their record at 3-2-1. The next games for the men are both away games as they travel this weekend to face off with York on Saturday and U of T on Sunday. Both games begin at 3pm.

CHECK OUT THE OUA SOCCER STANDINGS ON PAGE 18!